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Inside ...

# THE HIGHLANDS COMMUNICATOR

Volume 2, Issue 3 March 2003

MARCH  
2003

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## Canoe FM Gets The Thumbs Up!!

Get ready to tune your dials to 100.9 FM – within a couple months or so, that is where you will hear Haliburton's new radio station Canoe FM. On Monday, February 10, the Canadian Radio-television and Telecommunications Commission gave the thumbs up approval of a new non-profit radio station for Haliburton County.

It is proposed to initially operate Canoe FM for 126 hours a week – 6 a.m. – midnight. The transmitter will be located on an existing tower at Eagle Lake and consulting engineers have designed signal strength to cover all of Haliburton County. "We want to provide a constant signal to everyone in the county. The transmitter uses an omni-antenna and is located at the highest point in the county. We should be able to reach 99.9% of the county,"

*Canoe... cont'd ... pg 2...*

*Thumbs up!! That's what the proposed Haliburton County based Canoe FM radio station received from the CRTC which means that within a couple months or so Haliburton County will have it's very own radio station. Pictured are three of the many people who have worked hard to make this a reality.(l-r) Director Don Cameron, Dave Sovereign – Tech Advisor, and (seated) Jack Hewitt – President of the Haliburton County Community Radio Association.*

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## Canoe FM Open To Programing Suggestions From Residents



The Station located in Haliburton, across from the Dysart Arena. Pop in some time to say hello.

... from pg. 1

says Jack Hewitt, President of the HCCRA (Haliburton County Community Radio Association).

The idea for a station started with director Don Cameron who posed the question, "Can Haliburton have it's own radio station?" The first informal meeting to discuss the feasibility of the project took place March 20, 2001, just under two years ago.

The rest is history. Fundraising began, committees were put in place and a lot of hard work has led to the recent go-ahead.

The group is still shy of the actual amount they need to get the station fully operational and in lieu of the CRTC's recent decision, will be actively seeking additional funds from the private and business sector. To date \$60,000 has been raised with another \$40,000 still needed to pay for antenna and transmitter equipment. A major fundraising campaign is under way and anyone interested in helping financially is encouraged to do so. Family membership with voting privileges is available at \$100.00. Corporate business memberships sell at \$1,000. In addition to voting rights at the annual meeting, Corporate sponsors get a weekly mention on Canoe FM.

Also, any donations of any size are welcomed as all will help get the new station up and running. "We feel within the next few months we will be flipping the switch and be on air," says Canoe FM Tech Advisor, Dave Sovereign.

They will also be and are encouraging community involvement with programming. "It's a community radio station - it's your station and we want people involved," says Jack.

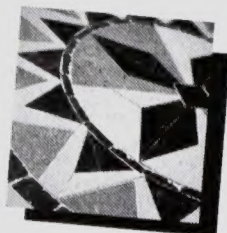
The station will broadcast from studios in Haliburton. The operation of the station will rely on community volunteers for the various programs.

Already they have some great ideas lined up including up-to-date news and weather reports, and interest has been expressed by students at the local high school for an afternoon show for the youth of the area. Other programs include a Red Hats program, country, jazz, big band, 50's rock and roll and more.

The committee is more than ambitious now with the CRTC's approval and would love to hear from you, the public. If you would like to discuss ideas, or want to make a contribution, feel free to contact the station at 457-9603.

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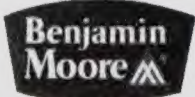


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## EYE ON BUSINESS

### Minden Subaru

## 30 Years in Business And Still Growing

When a couple can work together and build a successful business over 30 years you have to congratulate them and also ask, what was your key to success? With Charlie & Ethel Muli, owners and operators of Minden Subaru the answer was taking chances, working hard, filling a demand, and growing with their business. As far as working together, both found a need for each other's strengths and built on these foundations, letting each manage their task. The end result for Charlie and Ethel is 30 years in business and a happy relationship both at home and at work.

The couple are currently celebrating 30 year's in business which all began by chance when they bumped into a buddy at a gas station near their home in Hamilton. "We bumped into our friend Wayne Coltman while filling up at a gas station and he mentioned he was moving to Minden. We told him to let us know if he sees anything commercial for sale that we might be interested in," says Charlie.

Charlie at the time was a mechanic and had worked at several large dealerships in Hamilton. The couple were looking to move from the big city – move to a more healthier environment, raise their family, and start their own business.

"We got a call from a real estate agent within a couple weeks of talking with Wayne," says Charlie, "so we headed up to



check out some property."

Charlie had been to the area the previous fall to do some fishing and hunting with his father, but aside from that, he really didn't know too much about the area.

"We looked at the spot we're in now and soon made a offer. He accepted it and here we are," says Charlie.

"I remember driving into town to phone Ethel to tell her the good news. I was at a payphone and said 'there's one of everything here so we're moving.'"

"We decided to give it a try – to take the chance – we said we would be fair give it three years, then reassess," explains Ethel. "We were here about 6 years and said.. 'hey, we forgot to reassess'. We were here to stay," she adds.

At the time they purchased the property from Ed McKelvey in 1973, there was a two bay garage on site. Charlie started his business offering mechanical services while Ethel raised her two young children, Mike and Ann Marie, as well as help out with the new business when needed.

Back then there were no auto parts suppliers in the area, so Ethel and Charlie had to order parts and make the trek to Kinmount every week to pick up their parts from the train. Back then a train operated from the city to this area and this was used by many businesses as a means of de-

*Subaru cont'd... pg 6 ...*

Pictured above are Charles & Ethel Muli now. At left is what the business looks like now. To see pics of back then...turn to pg. 6 ....





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## A Hockey Legend... Maxine Skalin Has Been Inducted Into Hockey Hall Of Fame

With girl's hockey becoming more and more popular, it should be mentioned that girl's teams actually date back to the early 1900's and have had players inducted into the famous Hockey Hall of Fame. One such inductee was Maxine Skalin, who lives right here in Haliburton County.

Maxine grew up in Stratford, Ontario and began skating at the age of three. "We skated every week with our family and friends as much as we could. We started on bob skates and then moved to tube skates. My friend and I were the first in our area to get boot skates," says Maxine.

Maxine always skated and in 1935, at the age of 15, she joined the first girl's team formed in Stratford. "Stratford was a real hockey town at that time," says Maxine. The equipment was scarce and the girls didn't have helmets. "We were given jerseys and socks, that's all. I had to borrow my boyfriends' pants and pads. There wasn't much padding," Maxine recalls.

The team called the Stratford Aces played teams from Hamilton, Woodstock and the famous Preston Rivulettes. "They were good. They beat everyone. We were lucky to get a goal on them. They had the Schmuck Sisters. You couldn't beat them. To this day, I don't think the men could have," chuckled Maxine.

Did they check? "Oh yes! There was lots of slashing and

hard checking. There was even a brawl at one of our games. We had our fights," exclaimed Maxine.

The team remained together until 1940 when all the girls were too old for the minor league. In 1994, the Stratford Minor Girls Hockey Association discovered the history of the team and set out to research their roots and honor the surviving members of the Aces. A reunion was organized and hockey writer, Brian McFarlane was contacted. He began writing a sequel to his book, "Proud Past-Bright Future," about women's hockey. Melanie McFarlane of the Ontario Women's Hockey Association was also contacted to possibly have the players inducted into the Hockey Hall of Fame. That happened in May of 1995.

"They got a bus to pick us up and drove us to Toronto. They showed us the vault where all the trophies are kept. That's where the real Stanley Cup is. It was really nice. At least

someone in my family got into the Hockey Hall of Fame," exclaimed Maxine.

The team photo proudly hangs in the building as a monument to the first girls team in Stratford. One of the ladies on the 1930's team was Lottie Rigg, now Lottie Libett, the mother of former NHL'er Nick Libett.

*Maxine cont'd ... pg. 5 ...*



### Who We Are

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## Maxine Enjoys NHL Play-off Games

... from pg. 4

So what's our oldtimer have to say about hockey and NHL today? "I think most of them should go into wrestling. It's too rough. It would be better if they'd just play hockey. I watch the play-offs because they seem to play the game better then," she says.

Maxine says she likes the Detroit Red Wings and the Toronto Maple Leafs and she always rooted for the great one, Wayne Gretzky. "There's too many U.S. teams though. They think hockey is their game but it's our game still!" she exclaims.

Maxine and her husband, Mike reside in Wilberforce. Maxine has been on the Ladies Auxillary for 23 years. She is a cancer survivor and triple by-pass survivor.

"If it wasn't for all my ailments, I'd probably still be out there playing hockey today," she says proudly.

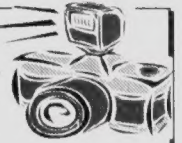
We believe you Max!

*Pictured above is Maxine with the real Stanley Cup which she saw while being inducted into the Hockey Hall of Fame in Toronto.*

*Below is the Stratford Aces Team from 1935. The whole team was inducted. Maxine is in the back row, third in from the right.*



## Silly Snapshots



This Inn must not see much business. This picture was taken by Bonnie Cleland of Sunnyside Bed & Breakfast in Haliburton. She says it was taken somewhere

in Nova Scotia. "I got a chuckle out of it and still do," she says.



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## Picking Up Parts From The Train Station Was A Weekly Outing For Charles & Ethel

... from pg. 3

livery. "It was our little adventure," says Ethel. "Going to meet the train in Kinmount every week – then once a month we would do our run to the city to stock up on the more fast moving parts which we kept in stock."

"Parts are no longer a problem now," says Charlie. "We have great auto parts stores in the area."

It wasn't long before the business began to grow and so did the building. Since they purchased the property in 1973, the building has received 11 additions "and we're running out of room again," adds Charlie.

What started out as 2 bays has now grown to 13 bays, a parts area, a service area, and a 2-car showroom. Their first expansion was the addition of three more auto bays, which took place three years after they started business.

As they expanded, the couple added services. For example, they started with general auto repairs, and with a few expansions were soon offering appliances. "There was no appliance store here at the time. In 1980 we doubled the size of our building and started selling appliances," says Ethel.



Back in the early days...

Pictured above are Charles & Ethel from 1980 after the addition of what is now the main office & showroom. Just above is the garage after the first addition of a third bay back in the early 70's.

Soon came sales of used vehicles, and then they branched into new vehicles sales. By 1995 they obtained a Subaru dealership. "At that time there were only three people in the area that owned Subaru's so we had to build a client base – there wasn't a lot to draw on at the time," explains Charlie.

They decided on Subaru partly due to the demographics of the area. "With these conditions you really need an all wheel drive," says Charlie. "So that was on of the contributing factors of our business. Also,

the quality of the vehicle." A recent survey done showed that the repairs on Subaru's are going down and are actually lower than the ratio of regular maintenance.

In addition to helping you choose the right all wheel vehicle for you (all makes of Subaru's are now all wheel drive), Charlie and Ethel can help you determine what financing is best suited for you. Charlie has extensive years of experience in the auto industry.

You can also bring your vehicle in for repair as this service – the one that began it all – is still offered. "We repair any make and model," says Charlie. Even if it's an old Model T Ford, a passion of both Charlie and Ethel's. The couple currently own a couple themselves and both are on the executive of the Ontario Region International Model T. Club.

Whatever the Muli's are doing is definitely working. Not only have they remained in a business for 30 years, the business has grown and

just recently the couple was awarded with the highest percentage of sales over target, not only for their category, but in two divisions for Ontario and Quebec.

Married for 34 years, and still in business after 30 years – congratulations Charlie & Ethel – here's to 30 more years...

Oh... and by the way, when it comes to retirement, both Charlie and Ethel say it's not in the plan. Charlie states, "We're going to keep going – try to expand some more. You can't stop – retirement just isn't in the plan."

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### The Starfrit Apple Peeler

This is a must have for the avid pie baker. This little device will do all that mundane apple peeling for you in a breeze. I must admit that I've seen this little beauty in action - my parents use it for their apple pie baking sprees, and it appears to work like a charm for them. You simply place the apple on the holder, turn the handle and voila ... the apple is peeled. This is available at Stedman's V & S Department Store in Haliburton and can be purchased for around \$14.00.





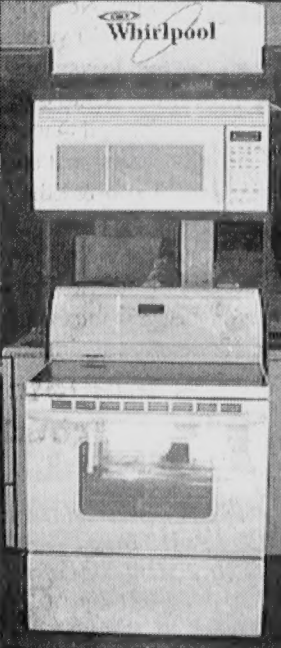
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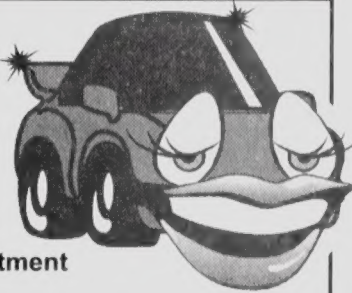
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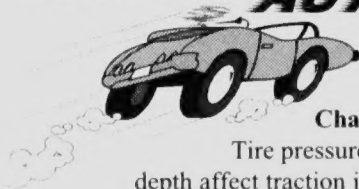
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This is not a once-a-winter check. Make a point to monitor your tire pressure about twice a month in the cold months. And don't forget to check your spare.

Tread depth is critical to controlling a car at all times, especially in snow or heavy rain. A simple way to check tread depth requires only an american penny. Insert a penny in between the tread blocks of your car's tire, making sure Abe Lincoln's head goes in first and is facing toward you; once the penny touches the bottom of the groove, note if you can see the top of Abe's head with the tire's surface at eye level. If the tread doesn't reach the top of Abe's head, too much has been worn off and the tire definitely needs to be replaced.

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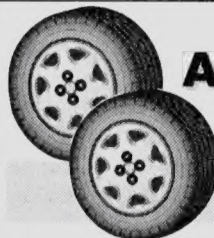


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## HCSA Grooming for Tourism

*By Pauline Johnson, Director*

The snowmobile season this year has turned out to be a spectacular one, but there were some doubts at the beginning of winter whether Mother Nature would cooperate. While we had snow, we needed lower temperatures to get the ground underneath the snow frozen. Many snowmobile riders grumbled that they weren't going to get their machines out this year for a couple of reasons. Snowmobile insurance has risen dramatically and last year's season, with little snow, was not up to our usual standard.

However, the groomer operators for the Haliburton County Snowmobile Association have been busy on the trails this season, trying to get them up to the expectations of trail permit purchasers. As Peter Harpley, one of the groomers said, "This is a high tech sport in a low tech environment." Thus the environment needs a lot of TLC to provide the exhilarating experience that riders have come to rely on in Haliburton County.

We hope that our business supporters have been rewarded for their determination to stick with us. We believe that we now have an opportunity for everyone – business, the club and individuals – to benefit from our new initiative.

With that in mind and with the idea of encouraging early permit sales next year, the HCSA has decided to offer its riders a gift or incentive to return here from year to year. Remember that many of our riders come from out of province and even from out of the country and many bring their entire families with them.

Observing the success of dining and entertainment coupon books in Toronto and the success of golf coupon books across the province, the snowmobile club has decided to produce a coupon book for Haliburton County. Although the coupons will be valid from the beginning of November 2003, the expiry date will be chosen by each individual business. It is expected that many of the coupons will be valid until the following year and thus it will be a gift that keeps on giving.

We know that Haliburton businesses are very appreciative of the boost to the local economy that snowmobilers and other winter tourists bring to this area. Carol Moffat, at the Chamber of Commerce, has been very encouraging and helpful in this new venture. While those who purchase trail permits will receive a complimentary book, local residents and those who do not snowmobile may purchase a book next October for \$10 at the Chamber of Commerce in Minden or in other locations around the county.

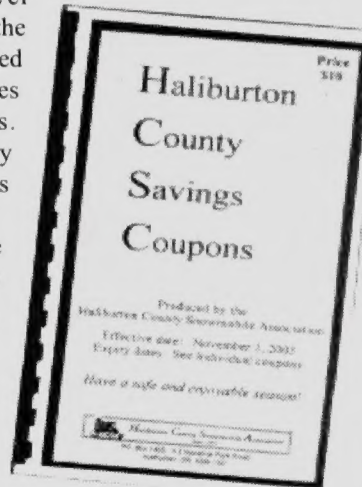
The book will feature coupon discounts for dining, accommodation, activities, local services, shopping and so on. It is meant to be an invitation to tourists, outdoor

## New Promotional Booklet Features Coupon Discounts

enthusiasts, and local residents to get out and take advantage of what Haliburton County has to offer.

Volunteer sales representatives from the Haliburton County Snowmobile Club, eager to work in partnership with the business community, have already started approaching local businesses and event organizers. Many businesses have expressed an interest in reserving space for coupons or advertising. True to form, community support is always strong in Haliburton County.

More information is available by calling the HCSA's office at 457-4263 or by going to its website at [www.hcsa.on.ca](http://www.hcsa.on.ca). If you would like a representative to call on you, please call the office.



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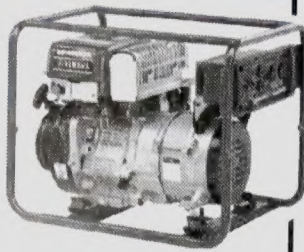


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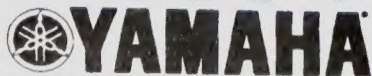
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## Believe It Or Not!

### Doesn't Reflect Our Lost Revenue...

Steven Spielberg was reportedly insured for \$1.2 billion in July 2001 by Dreamworks Entertainment to reflect the cost of lost revenue for the company in the event of his death.

### With the Oscar buzz in the air.. here's a little tidbit

Katherine Hepburn has been nominated for and won more Oscars than any other actor.

### Is that a Mosquito?

The smallest spy plane in the world is called the Black Widow, developed in the U.S. It has a wing span of 6 inches, weighs 2.8 ounces and carries a tiny colour video camera.

### From The Smallest to the Most Expensive...

The world's most expensive military aircraft is the U.S. made B-2 Spirit, a stealth bomber which costs in excess of \$1.3 billion. (Almost the worth of Steven Spielberg.. in the event he dies).

### I Think I Know Some People Vying For This Record...

By 1998, Tommy Johns of Australia had been arrested almost 3,000 times for being drunk and disorderly in a public place.

### Dont' Let This Bed Bug Bite...

The most venomous spider in the world is the Brazilian Wandering Spider. It's venom is so potent that .00000021 ounces can kill a mouse. Fortunately there is an anti-venom.

### It's A Bird.. It's a Plane.. It's a Walking Fish?

A fish called the climbing perch from South Asia is able to walk on land and climb palm trees. It will even walk to search for better habitat. It has special gills that allow it to absorb oxygen.

### Why?

On March 31, 2001 in Munich, Germany, Markus Bock broke 23 baseball bats with his shin in one minute.

### If Gas Keeps Rising It Might Be The Preferred Mode of Transportation...

Anthony Thornton from Minneapolis walked backwards for a period of 24 hours. He covered 95.4 miles with an average speed of 3.9 miles per hour.

### It Is A Funny Show...

Kelsey Grammer is to be paid a salary of \$1.6 million per show for playing Fraiser Crane in the 2002 & 2003 series of Fraiser.

### Most Musicial Pseudonyms

John Lennon recorded and produced music under 15 different names until his murder in New York City in 1980.



## New Taxi Service For Minden & Area

Hey, there's a new taxi service in the Highlands called Redline Taxi & Delivery Service. The new business is owned by Haliburton resident Chris Finlay and he's ready to get you wherever you need to be at whatever time you need to be there.

Redline Taxi can also pick up or deliver items for you.

"As long as they're legal and fit in the van, I can do the delivery," says Chris.

Chris currently has a 7 passenger van and hopes to get more vehicles on the road in the near future. "I've also got a brand new child seat so if someone has a child or infant, we can accommodate them."

Redline Taxi offers fast and reliable delivery and special out of town and senior rates.

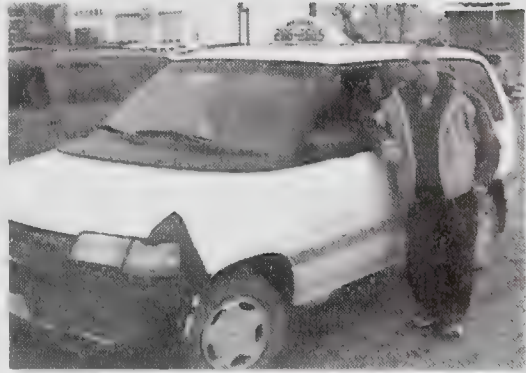
"I'll take people wherever they want to pay to be taken," adds Chris.

Chris has driven cab for over two years for Eric's and Grumpy's taxi. "It was my friend Carol from Grumpy's that recommended that I get into this. It seemed like a good business, so I decided to start up."

Redline Taxi is mainly focused on the Minden area but does take fares from Haliburton as well. "I'll generally recommend Grumpy's for Haliburton," says Chris.

Chris and his wife, Lee-anne, moved to Highlands four years ago from Pickering. They have two children, Collin and Julian, ages 8 and 3.

Redline Taxi is fully insured and offers fast, friendly service. To contact Redline call: 286-2665.



*Pictured is Chris Finlay with his taxi.*

## Kinmount Artisans Marketplace Celebrates Grand Reopening

The Kinmount and area Artisans Guild will celebrate the reopening of the Kinmount Artisans Marketplace during their open house on March 1, 2003. The open house takes place from 10:00 a.m. to 4:00 p.m. with a brief ceremony attended by the Guest of Honour, Counselor John Huke and Mayor Art Truax at 1:30 p.m. After extensive renovations the marketplace will now be open to the public on weekends only until April 15. Come and take a tour, view the artisan's work and indulge in the free refreshments. It is located at the Kinmount Community Hall (below the hall). To reach the marketplace by phone, call 488-1414 or contact Patti or Bruce Fleury at 488-2938 or by email at [brucefleury@ptbo.igs.net](mailto:brucefleury@ptbo.igs.net).

**CARQUEST**

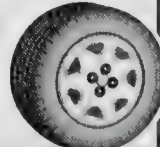
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## Exciting Drumming & Dancing As Toronto's Ballet Creole Comes to Razzamataz

At 2 p.m. on Sunday, March 2<sup>nd</sup>, Razzamataz Kids' Shows will present the third show of our season at the Northern Lights Theatre at Haliburton Highlands Secondary School: Ballet Creole. This show is sponsored by Rexall Drugstore and the Haliburton Lions Club.

You might find the company's name slightly misleading: don't expect Swan Lake or the Nutcracker! Ballet Creole, established in Toronto in 1990 by artistic director, choreographer and Trinidad native Patrick Parson, performs traditional and contemporary dance and music from around the world, with a particular emphasis on the Caribbean and Africa. Their annual dance season is presented at the Premiere Dance Theatre at Harbourfront, and they have toured throughout Canada and the northern United States. You can learn more about them at [www.balletcreole.org](http://www.balletcreole.org)

There will be 7 or 8 dancers and percussionists (black and white) on stage to perform Toute Baghai, which will take us on a journey through the colonial history of the Caribbean Islands. The dancers will show us how the island culture is a rich mixture that has been influenced by many different peoples: Native, French, English, Spanish and African, at least. "Accompanied by chants and songs, Toute Baghai shows the uplifting of a people that has risen out of oppression, and joyously celebrates the beauty of its cultural expression; a people reborn and spreading its news to the rest of the world." Expect exciting drumming and dancing from this dynamic, eclectic troupe!

Tickets are available at the door, at \$5 for children and \$8 for adults. (Children under 2 are always admitted without charge.)

Toute Baghai is suitable for all ages, and is often performed for adult audiences, but this performance will be geared to families. When I asked Ballet Creole's Tamara Dewit what that meant, she said that, for one thing, there would be a question and answer session.

While Razzamataz Kids Shows dedicates itself to presenting high quality live entertainment for children, dance fans of all ages should take advantage of this opportunity to see a major Canadian dance company performing in Haliburton. We are grateful for the support of the Ontario Arts Council as well as the local sponsors and donors who enable us to present such fine programming at a very reasonable price.

### Ballet Creole Workshops Coming To Haliburton

Ballet Creole also teaches classes in percussion and dance for adults, children, beginners, amateurs and professionals. As the Highlands Communicator went to press, Heritage Ballet Studio was trying to arrange for Ballet Creole to present workshops for local dance students while they are in Haliburton. Watch for more details or call Heritage Ballet at 457-1990. Razzamataz is not involved with these possible workshops.

### Deadline for Razzamataz Mascot Contest

Razzamataz regulars should remember that we are nearing the deadline for entries in the mascot contest: pick an animal to represent Razzamataz and give it a name, too. Entries can be handed in at this concert or mailed to Amy Klose, R.R. #2, Haliburton, K0M 1S0 before March 15, 2003.

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### A Funny Thing Happened On The Way To Work...Police Funnies:

Here's one for the police officers of our area. Just when you think you've seen or heard it all...

A policeman had a perfect spot to watch for speeders, but wasn't getting many. Then he discovered the problem - a 10-year-old boy was standing up the road with a hand painted sign which read "RADAR TRAP AHEAD". The officer then found a young accomplice down the road with a sign reading "TIPS" and a bucket full of change. (And we used to just sell lemonade.)

A motorist was mailed a picture of his car speeding through an automated radar post. A \$40 speeding ticket was included. Being cute, he sent the police department a picture of \$40. The police responded with a photo of Handcuffs.

A young woman was pulled over for speeding. As the motorcycle officer walked to her car window, flipping open his ticket book, she said, "I bet you are going to sell me a ticket to the Highway Patrolmen's Ball."

He replied, "Highway Patrolmen don't have balls."

There was a moment of silence while she smiled, and he realized what he'd just said.

He then closed his book got back on his motorcycle and left. She was laughing too hard to start her car for several minutes.





## Kathmandu or Katmandu

(Pronunciation: Katmandoo)

Population 522,000 This is the capital and principal city of

Nepal located 121km from the Indian frontier in the Kathmandu Valley. Kathmandu sits slightly south-east of Nepal's centre. Kathmandu was made popular through a Bob Seger song.

On 15 January 1934 a huge earthquake struck the Kathmandu Valley, killing 4296 people and destroying many of Kathmandu's temples and palaces.

In 1956, the first motorable road linked Kathmandu with India. Ten years later another highway opened, and in 1974 international air services began. Foreign aid began pouring in from the 1960s, bringing with it foreign aid workers and new prosperity for the city. Kathmandu's population tripled in 20 years, and the city sprawled, as modern houses sprang up to meet the needs of ex-pats and immigrants poured in from the country. In the 60s, the tourists also started flooding in, looking for

cheap living and eastern answers to the questions of life. Freak St became the centre of the action, as the hippies set up a huge market for every type of drug, every hybrid philosophy and any kind of pie you could imagine. Kathmandu

**Durbar Square is the focal point of Patan, Kathmandu**



was transformed into a tourist mecca, and the jumping-off point for the new trekking industry.

Although there is now more money around, most of it has remained in the pockets of the upper class - Kathmandu has one of the highest inflation rates in Asia, so the cost of living can really take it out of the average pay packet. And while the city's literacy and health have improved over the last 20 years, they're still nothing special, and lately burgeoning heroin addiction and caustic air pollution have been added to Kathmandu's problems.

While most of the violence associated with the Maoist uprising has taken place in rural areas, Kathmandu has also become more dangerous. The capital was recently shuttered by a Maoist-led national strike, which fearful shopkeepers complied with for fear of retaliation. The rebels have become more sophisticated in their attacks, targeting communications, transport and economic centers. They have also threatened tourist facilities throughout Nepal, and Maoist leader Baburam Bhattarai warned travellers that they could be 'caught in the crossfire of the contending armies,' while perversely encouraging them to visit anyway. On March 29, 2002, a bomb blast in Kathmandu injured 27 people, including schoolchildren. Travellers to Kathmandu are urged to remain vigilant, keep a low profile and avoid demonstrations.

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## Urban Legends

### The Throbbing Cactus

It seems that a family was given a gift of a gorgeous cactus. (Or perhaps they bought it – I don't know.) At any rate, they took it home and gave it a place of honor in the dining room. They soon noticed an interesting phenomenon – the cactus appeared to be "breathing." In-out, in-out, ever so slightly moved the sides of the huge plant. At first the family thought nothing of it, but then the father or mother or some other responsible soul decided to check it out with the local nursery.

A telephone call was placed and the "breathing" described. The nurseryman shrieked in horror, and told the father (mother, other responsible soul) to "GET THE CACTUS OUT OF THE HOUSE. GET IT OUT NOW!" And Father (or whoever) dropped the phone and complied, racing to get the plant out into the yard.

The worker from the nursery showed up soon afterwards and injected the cactus plant with a series of hypodermic needles full of poison. After several minutes our hero cut the cactus open and hundreds of turantulas poured out of the cactus plant. The plant had served as a popular nest for the arachnids.

## BALLOON RIDES SLEIGH RIDES GAMES • BONFIRE DRAW & PRIZES AND MUCH MORE

### WINTERFEST 2003

The first weekend in March will be a bustle of activity in Haliburton as this marks the annual Winterfest and you won't want to miss it.

The event was originally scheduled for the first weekend in February, but due to the extreme cold weather conditions, it was postponed to the March weekend. The committee, who works hard all year to prepare for this weekend event, has decided to change the date to the first weekend in March every year.

To participate in the events you must purchase a Winterfest Admission Ribbon for \$2.00

The events taking place are as follows:

#### Saturday March 1<sup>st</sup>: at Head Lake Park in Haliburton

- \* Remax Hot Air Balloon Rides
- \* Horse Drawn Sleigh Rides
- \* Adult Tug-A-War starts at 1:00 p.m.
- \* Adult Single & Double Sack Races
- \* Kids Giant Snow Hill All Weekend
- \* Legion Blind Draw Darts start at 4 p.m.
- \* Hot Food is Available all day.

#### Sunday March 2<sup>nd</sup>:

- \* Is kids day at Winterfest – Sponsored by the Haliburton Legion. For children 12 & under ... free to participate in events & free hot dogs & more...
- \* Legion Sunday Brunch starts at 9:30 a.m.
- \* Wheel of Chance to Win Prizes

#### All Weekend:

Krazy Carpets will also be supplied for the kids at the snow hill at Head Lake Park  
Skating and other activities are to take place both days...  
Giant Bonfire both Saturday & Sunday

Family fun all weekend long – come one come all and have a ball!

How many of you believe  
in psycho-kinesis?  
Raise my hand...



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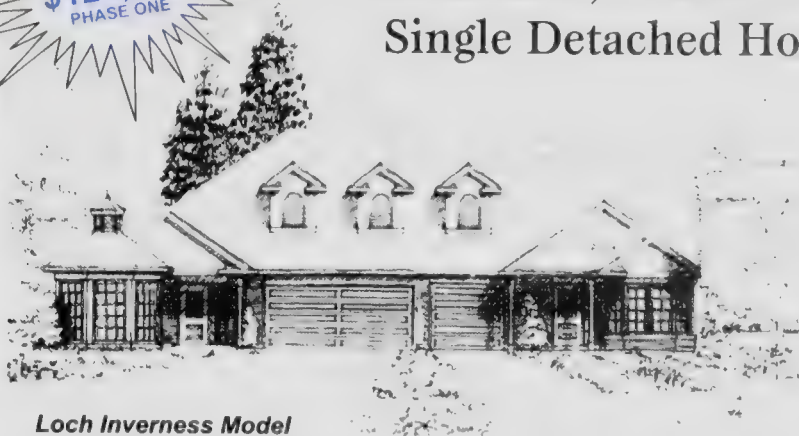
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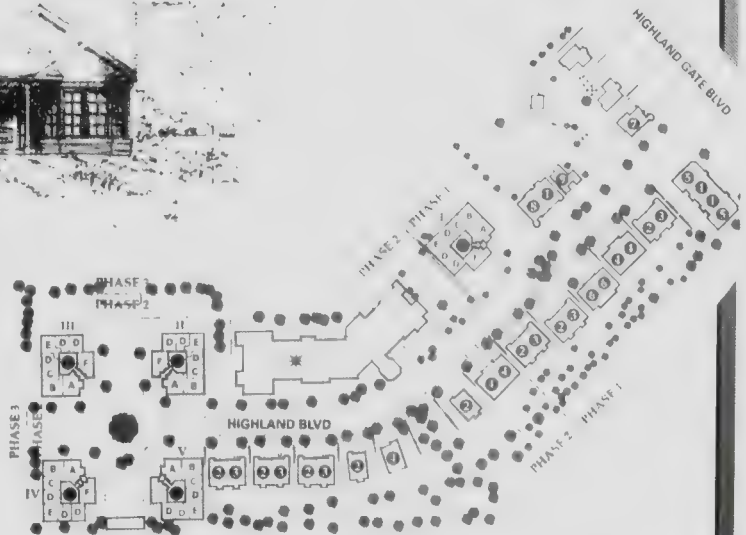
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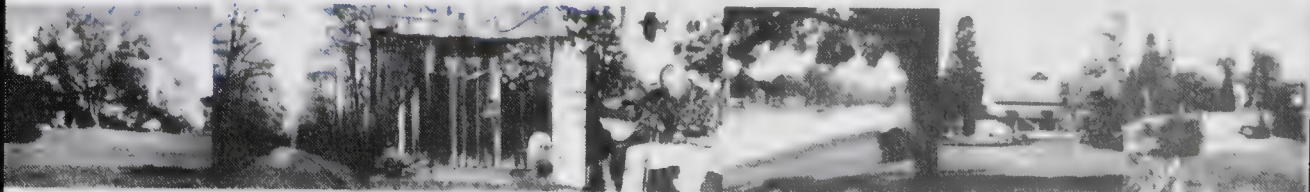
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## New Minden Development Focuses On Retirement Living

"Don't leave! Stay in Haliburton!" is the message being used to promote the new Highland Gate Community development in Minden. Local Realtors keep hearing of people who wish to reduce their workload and are looking for a retirement community. The retirees may wish to downsize their property or they may find that, if they own a waterfront property, there are a multitude of chores which they find they are no longer able to handle. Added to this are the increasing taxes especially on waterfront property. In order to find a retirement type of accommodation, they had to move out of the area, leaving their friends, their activities, affiliations, familiar surroundings and facilities behind. There are many examples of such moves to Bobcaygeon, Nottawasaga, Port Hope to name but a few – and the list goes on.

With this new development, people can now remain in Haliburton County by moving to Highland Gate Community, located in Minden on land previously known as the Wright Farm, owned by Roy and Marjorie Windover and adjacent to the very successful Highland Gate Estate sub-division, overlooking the Gull River, and within walking distance to town.

While the new development will have many benefits for retirement living, families can also enjoy this community with

single homes available in future phases.

Ultimately the project is planned to consist of 199 units including town homes, single family homes, cluster home condominiums and apartments for those who might require some assistance in their living. The first phase of 26 units

will include a model home to be constructed in the spring, plus town homes and single family homes. The residences are designed so that all areas required for daily living are on one floor with all residences being serviced by town water and sewers. They will be built by Mark and Don Wilson of MVW Construction from Lindsay – a company well known for excellent quality construction, and having

completed such projects as Heritage Acres, Walnut Grove, Victoria Park and Briarwood apartments in Lindsay. Other projects include the Extendicare Long Term Care Facility and Retirement Home in Lindsay and the Natural Resources Academic Wing at Sir Sanford Fleming College in Lindsay.

The residences vary from a modest one-bedroom cluster unit, to a large detached home complete with loft, basement and garage. All residences have a patio, full luxury kitchen, laundry and storage. Added to this is the probability that there will be maintenance programs for the properties. All ownership will be freehold.

The property off Deep Bay Road overlooks the Gull River affording the new residents of Highland Gate community an ideal location – about one block from the hospital and close to shopping, churches, banks, restaurants, golf and Curling Rink/Community Centre. In addition, the community will have its own clubhouse (presently the Windover home) on a beautiful setting which will provide opportunities for residents of this project to meet for a variety of social events.

Prices start at \$125,000 and will feature brick exterior, sodded lots, the latest energy efficient furnace, energy efficient double glazed windows, rough-in for dishwasher, broadloom, and a gas fireplace in most units.

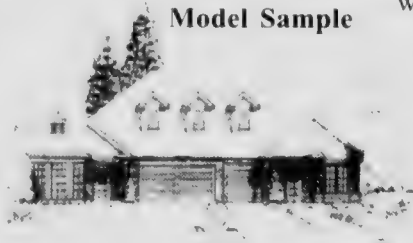
The project is being promoted by Coldwell Banker Wiley Real Estate in Minden with John Hincks, Associate Broker/Manager and Al Mayo as listing salespersons. "Although Coldwell Banker is taking the lead role in promoting this project, we very much encourage all local realtors and other organizations to get behind this excellent project," states John Hincks. "This will be a huge benefit not only for those who become residents but also for Minden and all of Haliburton County."

"In our opinion, everything is there to make it a 'go'; the need, the land, the services, the location, an excellent developer and contractor and the support," stated Al Mayo recently.

Now that the public are becoming aware of the development, there have been a number of people who have already made reservations for their Highland Gate property.

The development will be promoted by Coldwell Banker Wiley Real Estate in local papers as well as in publications aimed at retirees and through its own website [www.highlandgate.ca](http://www.highlandgate.ca)

Model Sample



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## Who Dun-It

### A Tricky One For All You Sleuths...

Detective Minden arrived on the scene of an apparent suicide at John Blackmore's, a local real estate agents' house. John was seated in his car in the garage, dead. The garage door was open and the car was silent. The officers were busy at work.

"The body was discovered by Mrs. Blackmore," said Constable Bust. "She returned from shopping on foot about an hour ago and the car was running. She was nearly overcome by fumes herself. She opened the garage door from the inside, turned off the car and called us immediately."

#### Case of the Suspicious Suicide...

"Has the cause of death been established?" asked Minden.

"Well, the Medical Examiner says every sign points to carbon monoxide asphyxiation. However, we did find this bottle of prescription pills in his shirt pocket sir." Bust handed Minden the bottle in a plastic evidence bag. Minden took the bottle and opened it up to find it half full of large pink pills.

"This is a prescription depressant," Minden said. "It was filled yesterday for one pill a day, yet half of the pills are gone. Could this have killed him?"

"No," replied the Medical Examiner, "However if he'd taken half of them, they'd have knocked him unconscious in about 15 seconds."

"But asphyxiation is painless. Why would he take them if he was going to do this anyway?" inquired Minden.

"I've seen it before," replied the M.E. "He may have wanted to put himself under sooner in case he lost his nerve."

Minden then turned to Constable Bust. "What was found in the car, Bust?"

"Nothing unusual, sir. An ice scraper, a map, a bag of chips and the registration."

"Was there a suicide note?" asked Minden.

"No sir, but we're still checking the house." Bust moved



closer to Minden and said, "I don't think there's much of interest here sir, it looks like a straightforward case of suicide."

Minden solemnly shook his head. "I don't think so, Bust I can't be sure until after the autopsy but I suspect we have a case of murder made to look like suicide."

Why does Minden suspect that John Blackmore was murdered?

*for answer see pg. 46 ...*

### From The Bahá'í Writings

Religion is a radiant light and  
an impregnable stronghold

The Bahá'í's of Dysart et al

## Haliburton Forest and Wild Life Reserve

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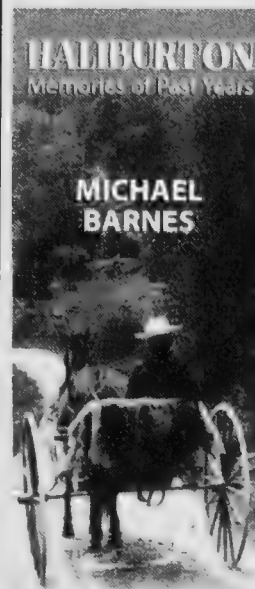
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## Dumb Criminals

### You Can Run.. or Can You?

A police officer on patrol a few blocks from the Fox Valley (Wisc.) Metro Police Department headquarters saw a car speed by him. He chased after the car, which ran a stop sign, and saw the driver bail out and run. A passenger in the now-stopped car claimed he didn't know who the driver was. As backup officers started searching the area, they heard someone call, "Over here, officer." It was the driver, Joseph Delongchamp, 18, asking for help. Police say that after jumping out of the car, Delongchamp tripped in the dark and broke his leg. Officers visited him in the hospital to give him citations for a second offense of drunken driving, a second offense of driving on a revoked license, running a stop sign and underage drinking. But they spared him a felony charge of fleeing an officer. "It just wasn't his night," an officer said.

### Criminals Do Have Nerve...

Bradley Steven Bailey, 21, allegedly stole a day's receipts from the Cedar Falls, Iowa, restaurant where he worked — about \$2,000 that he was supposed to take to the bank. He was found a month later in Maryland, arrested, and returned to Iowa to face trial. Prosecutors say Bailey wrote the restaurant from jail to apologize — and ask the manager to mail him his final paycheck.



## Win A "Feel Good" Package

**How would you like to win a One Night Stay at the Bonnieview Inn complete with Breakfast for two (valued at \$250) plus Dinner for Two (valued at \$75) and a \$75 Spa Package?**

Inside this issue we did feature stories on the beautiful Bonnieview Inn & Lady Esther Esthetics. Below are six questions - the answers to them are in the feature stories. Just answer the questions, send them, along with your name, address and phone number - and the first correct entry drawn from all received will win this exciting prize package!

### Bonnieview Inn

*For answers see story on pg. 38 & 39*

- 1: What kind of chef is Monte?
- 2: What well known persons have dined here?
- 3: What have some of the suites been furnished with?

### Lady Esther Esthetics

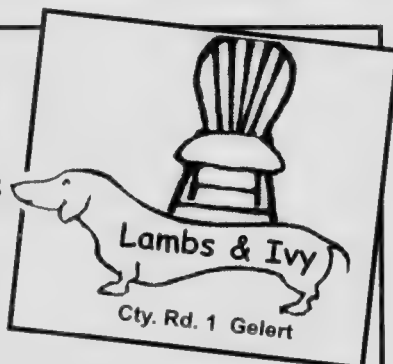
*For answers see story on pg. 28 & 29*

- 1: What special attention is given to each client?
- 2: Where is the spa located?
- 3: What does her husband run?

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**Entry Deadline  
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website: [www.ontariocottagerental.com](http://www.ontariocottagerental.com)

**Hwy. 121 - Foot of Head Lake - Village of Haliburton**



## DECORATING YOUR HOME

Every once and awhile in the Communicator we will be presenting neat articles, tips or columns to aid you in your decorating dilemmas.

### New Paint Program at Home Hardware Can Help You With Colour Matching...

Ever wonder what colours would look best together before you go and paint your room? Or do you have certain colours existing in your home and would like to colour co-ordinate based on furniture or other items? Well thanks to a new system at Haliburton Home Hardware, you can.

The paint department at Haliburton Home Hardware just recently received a new computer and software using the Match Rite system that can scan in a colour chip or item and help you match your paint choices. "All we need is something the size of a quarter or larger," says Kevin. "You can bring in fabric, or a piece of wood, or a chip of colour, whatever, and we can help you match or co-ordinate your paint colours," he adds.

"We had one lady who brought in a lily because she wanted her paint to match the colour of a tiger lily," says Kevin.

The program can also help you decide what colours can go together for contrast. One portion of the program has a pretend room with window trim, drapes, flooring and walls. You can choose what colours you like and it will bring up a variety of colours that co-ordinate with your choice. Then Kevin can start 'painting' the imaginary room on screen, simulating your existing or soon to be flooring, and you can see roughly how it all looks together.

For matching purposes, any item you bring in is placed in front of a 'Spectormeter' which reads the colours and lets Kevin know the proper colour formula to mix to match your colours.

So far the system has produced some happy customers says Kevin. "People that have used it have come back happy," he says.

"It's the latest program. Quite state-of-the-art really," he adds. "We're quite excited about it."

The program lists all the popular brand colours from companies such as Ralph Lauren, Sico, Benjamin Moore, Martha Stewart, Olympic, CIL, Canadian Tire, Pratt & Lambert and of

course, Home Hardware Colours. "We can match any colour that's out there," says Kevin.

Any sample colour, be it a fabric from your cushions or chairs, or piece of wood, or anything, should be as solid of a colour as possible. "If it is faded, the machine will match to the faded colouring," explains Kevin.

If you're not sure, bring it in anyway and Kevin will be pleased to assist you. Also remember that the new system can help you in choosing complimentary colours and let you see how they will look together.

Feel free to drop by and talk to Kevin and he will be glad to let you know all the machine is capable of and how it could help you in your painting and decorating venture.

*Be sure to see Kevin at  
Haliburton Home Hardware for  
your paint matching needs!*



## 45th Apparel Announces

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*If you have a high tech business or tips, etc.. give us a call at 448-1847*

## Internet By Candle Light – High Speed Wireless Is Here In Parts Of Haliburton County

The use of computers continues to grow at a rapid pace each year and with that growth comes the need for speed of online information. In order to meet the demands for this faster service, George Morris developed his own company 'Candle Light' in May 2002, which provides some parts of the county with high speed Internet service.

This service utilizes microwave technology, and does not require the use of a phone, fibre optics, cable or satellite. It is wireless service which you may ask, 'how reliable is it?' The service is very reliable, as a matter of fact, microwave technology has been used in Canada since the 1960's when CNCP Telecommunications introduced the first Trans-Canada telephone system. So, reliable, that weather doesn't affect it like it can some other systems.

This service provides residential high speed Internet service at five hundred and twelve kilobits. Private networks can be arranged for company offices providing up to forty-five megabits and for business's up to one point five megabits. For those who do not understand that terminology... lets just say it's very fast, and there would be an incredible & very noticeable

difference to your current low speed dial-up system.

The average material costs to provide high speed Internet service for a home cost between two hundred and three hundred dollars and for business's three to four hundred dollars. Additional fees include the cost of installation which is billed at \$65.00 per hour and the monthly service provider fee of \$39.95 for residential subscribers and \$89.95 for business subscribers.

Before service can be provided, a technician must first pinpoint the end users location. A mapping system is used to plot the signal path to the nearest tower. Pending the outcome of a cross section of this information determines if the location has a direct line of sight with the tower or whether the end user would require a TV tower on their property to receive the signal. At this point the technician would test for signal strength. The strength determines the type of equipment required, i.e.; length of cable, size of antenna etc. and the final price is based on this.

Candle Light offers a Work and Play Program of twenty-five percent discount to employees of any Company already using their service. This company currently supplies Internet feed to both J. D. Hodgson and Archie Stouffer Public Schools and the Haliburton High School. The Work and Play Program is also available to students of these schools.

Once you are a customer, Candle Light offers a free months service to their existing subscribers for each new customer they refer, and this is an unlimited offer.

Candlelite's future plans include expanding operations into the Muskoka Region, the Kawartha Lakes and Orillia district. Customer information is available at Jug City in Carnarvon, Foodtown in Eagle Lake, Video City, and Gigabytes & DVD's in Haliburton. Office hours are by appointment only by calling 286-4394. To obtain further information, log onto their website at [www.candlelightcom.ca](http://www.candlelightcom.ca).

This new section to our paper is designed to help you keep on top of the latest technology available to us in the county. We will be featuring technical business, types and all sorts of techie stuff... hope you enjoy.

## Now We're Talking High Tech!

### The GPS-Integrated FRS/GMRS Radio

The Rino 120 is state-of-the-art GPS navigation and two-way communications, with enough memory to download detailed mapping for driving, hiking, hunting, fishing & more.

It's waterproof and can "beam" your exact location to another Rino user within a two mile range (on the FRS Spectrum) using "Position Reporting"

**CHECK IT OUT!! \$379<sup>99</sup>**



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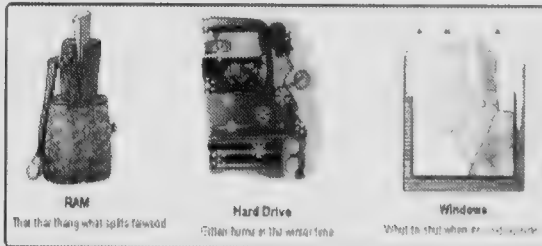
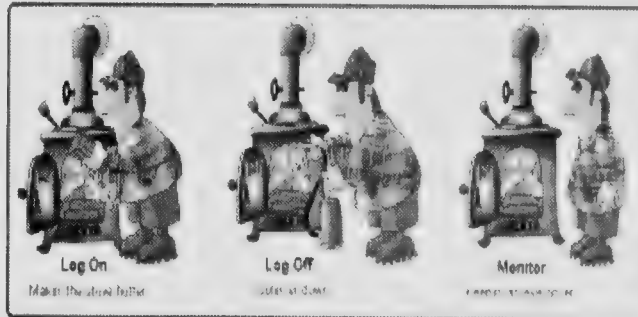
## The Highlands Communicator

**The 'ORIGINAL' Good  
News Only, FREE, Fun  
Magazine...!!**



## Computer Terminology Made Easy...

*The first of a series that will appear in The  
Communicator's Tech Section.*



### New Ways Meet Your Informational Needs At The Library

A new access tool available from your home computer can now keep you informed of new books and other materials recently added to the collection of the Haliburton County Public Library and even on order! This new technique will enable us to distribute information of this nature on a more dependable and focused fashion than has been used in the past through traditional media.

Hard to use? Not really! When you check into the library's website at [www.libris.ca/hali](http://www.libris.ca/hali), click on "Catalogue" and you will find a new window with the default option of "Titles". Pull down that window and you have an option entitled "New Books". Search by blank space for a list or title and you can determine the status of the new title you want. You can reserve the item by using the "Reserve" button at the bottom of each entry (or using the "Loans" button) and the branch nearest you will telephone when the title is available.

### So You Own A Computer...

Submitted by Larry Levely

I was having trouble with my computer, so I called Rick the computer guy, to come over. Rick clicked a couple of buttons and solved the problem. He gave me a bill for a minimum service call. As he walked away, I called after him, "so what was wrong?" he replied, "it was an id ten t error." I didn't want to appear stupid, but nevertheless inquired: "an ID Ten T error? What's that.... In case I need to fix it again?" The computer guy grinned..... "haven't you ever heard of an ID ten T error before?" "No I replied. "Write it down," he said, and I think you will figure it out!" So I wrote out..... ID10T !!!!!!!

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**Work & Play package:** If you work for an organization that uses Candlelight or are a student at a school that uses Candlelight services, you're entitled to a discount price of \$29.95/mo at home. Schools that qualify are Archie Stouffer, Haliburton Highland Secondary, J Douglas Hodgson, Haliburton CLC

Candlelight Communications, Inc  
RR#1, Minden, (705) 286-4394



Visit our website: <http://www.candlelightcom.ca>

\* Equipment and installation costs will vary with service conditions. \* Commercial service includes up to 5 users. \* Taxes extra



## EVOLVING IN A WIRED WORLD

by John Pinder

*We are pleased to introduce a section on computer and high*

*tech tips. This column will feature some useful info pertaining to the high tech world, presented by various business people in the area who offer high tech related services. 'Evolving' is a column submitted by John Pinder of Haliburton who specializes in many computer related services. (We will be featuring his services in the next issue of The Communicator) We hope you enjoy.*

I am often excited - by my work that is. I habitually find myself sitting up at night, delving into something new until the sun comes up. I am not a workaholic really, just immensely satisfied in my work.

I am a geek - at least a partial geek, and I have found out all sorts of useful and geeky things. Today and tomorrow and the day after, that knowledge will serve me well. I hope to impart some of that knowledge to you in issues of this publication yet to come, and this one.

I guess what is foremost on my mind is protection - protection of my data and my hard drives and my ports and my computers in general. I take the protection of these things most seriously. I have

even been called obsessive by some people, mostly the kids, 4 of them - 8-17 year old kids (and their friends, one of them quips over his shoulder as something flies by on the monitor his eyes are glued to). If there is a danger on the internet or on the desk next to the computer, they will explore it to the best of their ability.

I have 4 keyboards, soaked in various flavors of juice and pop. I have had to reinstall operating systems on computers more times than I can shake a stick at. All because sometimes they feel it necessary to say I love you by opening every attachment they get. I can deal with that. But there is a better way. And if it kills me, they will discover the better way.....

### Useful knowledge part one:

**Keep the food and drinks away** from the computer. Really. Accidents happen - Expensive accidents. You don't put a cup of acid on the hood of your car while you gas it up do you?

**Get a virus scanner.** Keep it up to date. Renew it when it expires. It costs less to pay 30 bucks or so to buy a virus scanner and renew it every year than to have me or someone like me come to your house to fix the aftermath. It is easy to do - really, and it will save you many headaches and many dollars.

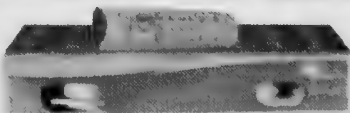
**If you run windows,** and most of us do, find the little icon that says windows update on it. Click on it. You can do it while you read this, it is very easy. It will connect your computer to the internet, if you have the internet, and download all the stuff that microsoft forgot to put in there when they sold you the operating system. This will protect you from things like the blue screen of death (a windows phenomenon that lets you know that your computer does not like what you just did) and also from things called exploits that allow bad people with nasty intentions to do horrible things to your computer without you seeing them do it.

**Give your computer a tune up** from time to time. Defrag, disk check, uninstall useless stuff, clean out your internet caches. If you don't know what I'm talking about, call your local geek and throw a few bucks at them to do it for you. It will add life to your computer.

**If you buy the right computer** and do all of the above, you will have a computer that will be good even when everyone else has bought a new one. Just because Johnny next door just got a whoopie doo pentium 38 with a hemi and fuel injection, doesn't mean you need one as well. Use the computer as the tool it is supposed to be. Not everyone buys a new power drill every time there is a new one that goes faster.

John Pender, pb&f communications, 705.457.5075  
<http://bindletorc.net>

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# How Is That Done ??

This new column looks at how things are done. We felt it appropriate to start with how newspapers and magazines are printed. We hope you enjoy this column that will appear periodically in The Communicator!

Newspapers like our local papers, and magazines like The Communicator, are printed on large machines called Web Presses. These huge presses use large rolls of paper that feed through press heads and then go through a folding system at the end - which determine their final size. For example, our magazine is a newspaper, folded one additional fold and later stapled and trimmed. If you were to open this publication and turn it sideways, you have one page of a tabloid newspaper.

Due to deadline pressures, and generally large volume runs, magazine & newspapers are almost always done on Web Presses because they are more capable of fast high volume printing compared to a sheet fed style press. With a web press you can print a newspaper during the evening in time for the morning news stand.

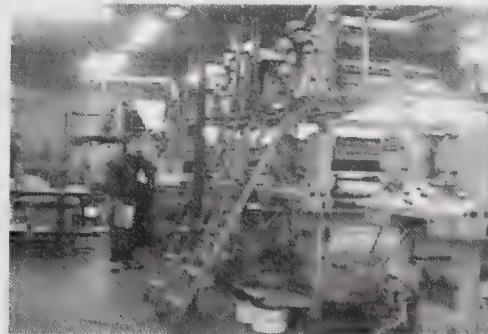


Huge rolls of paper seen at left, are loaded on the press, printed, folded and then trimmed if needed.



Web presses are huge machines used to print magazines & newspapers.

Below you can see just how large as Brett is pictured beside a portion of the press.



The folding process at the end seen above determines the outcome... magazine.. or newspaper!

## GIGABYTES & DVD'S

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The picture at right is the Communicator before it is stapled & trimmed. As you can see it is the size of a regular tabloid newspaper, until refolded, trimmed and stapled.



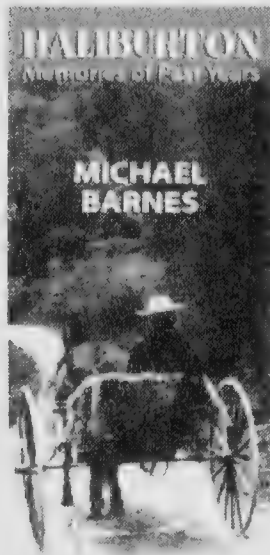
Monday is an awful way to  
spend 1/7 of your week.

If a parsley farmer is sued, can  
they garnish his wages??

## HALIBURTON: Memories of Past Years

Reminiscence as you take a visual tour through the pages of Michael Barnes's new book 'Haliburton, Memories of Past Years.' Get a glimpse at life of the past as you view approximately two hundred post cards dated from 1902 through to 1950.

The book includes the post card collections of local residents Peter Schleifenbaum and David Bishop. Each chapter in the book is devoted to a specific theme i.e.- Camps and Resorts, Forest Products, Haliburton Village, Dorset, The Sporting Life and Wilberforce. The book also includes descriptions and history on the post cards.

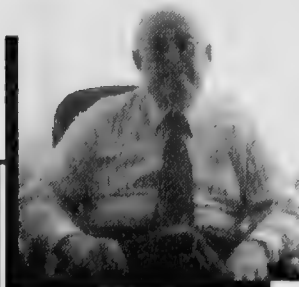


Michael started working on this book in September of last year and completed it by December. It's his second published work on the county and will be released at the book launch on March 14, 2003 at the Haliburton Highlands Museum. The launch starts promptly at 8 p.m. and those attending will have the opportunity to meet the author, enjoy free refreshments and participate in some attractive free draw prizes. Michael's new book will also be available for purchase

at the launch and following that at various local retailers.

'Haliburton, Memories of Past Years' will appeal to anyone who has lived here for many years and are nostalgic about the past. It's also great for those who are new to the area as it gives you a glimpse of the area's unique past. This book will become the topic of conversations as its readers compare the pictures of the past with those of the present.

To obtain further information on Michael's new book, contact the publisher 'The Haliburton Forest & Wild Life Reserve Press' after March 14, 2003 at 754-2198.



### About the Author:

Michael Barnes was born in England, and came to Canada in 1956. He was a teacher and school principal for 35 years until

1989. He has a B.A. (Western, 1964), and an M.Ed. (Toronto, 1971). He is married to Joan Wyatt in 1959, their three children have grown and gone. His work experience has included *Fleet Street* copy boy and researcher, teacher of one room school, bush cook, *Globe and Mail* stringer, CBC radio broadcaster, newspaper columnist, speech writer, ghost writer, television, and script writer.

He is an author of 40 books with Canadian and U.S. houses, his writing area is the north and Northern Ontario, as well as policing, specifically the Ontario Provincial Police.

Michael has been presented with the following awards: Presiding Officer, Canadian Citizenship Court, 1996.; Order of Canada, Member, 1995.; Hon. Inspector, Ontario Provincial Police, 1991.

## THAT'S LIFE ...

by the Bashful Comic



### Baghdad?? What Baghdad...

President Bush is visiting Baghdad and Saddam Hussein is showing him how devastated the Iraqi economy is. Seeing all kinds of things, they arrive at a red button and Bush asks what it is. Hussein tells him "Press it!" so Bush presses the button and a hand comes out of the wall and hits him in the face. He gets real mad, and says "I'm going back to Washington", and returns to the USA.

A couple of months later, Saddam is invited to Washington. Again, they show him all kind of things, and eventually they arrive at a red button. Hussein asks what it is, and Bush tells him to press it so Saddam presses it, but nothing happens. So he laughs and says "I'm going back to Baghdad!", to which Bush responds: "There is NO Baghdad!"

### The Tiny Man

So this guy walks into a bar and says to the bartender "Give me two single whiskies"

"Sure" the bartender replies, "do you want them both now or one at a time?"

"Oh, both now" replies the guy, "one's for me and one's for my little friend here" and with that the guy pulls a three inch tall man out of his shirt pocket.

The Bartender looked at the little man in amazement and asked, "Can he drink?"

"Sure" replied the guy and with that the three inch tall man supped back his whiskey.

"That's amazing" replied the bartender, "what else can he do? Can he walk?"

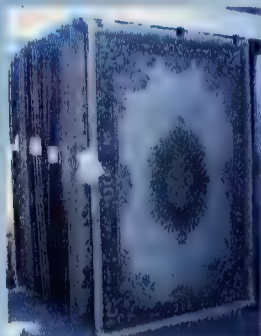
With that the guy flips a quarter down to the other end of the bar and asks the little fella to get it. Sure enough, he runs down the bar and retrieves the coin, picks it up and jogs back to the guy.

"That really is amazing" replied the bartender, "Can he talk?"

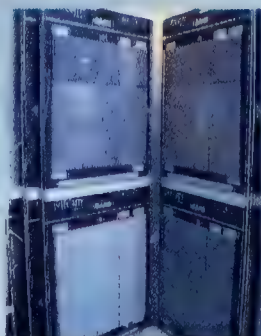
"Of course" says the guy, "Hey Jim, tell him about that time we were in Africa and you called that witch-doctor a wanker..."



# SPECTACULAR HOME FASHION SALE



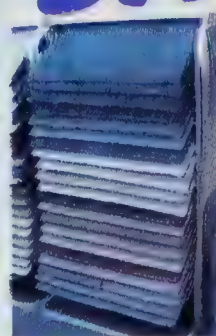
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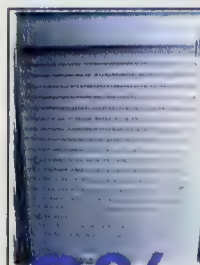
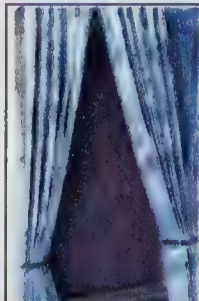
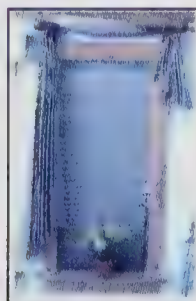
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March 15,  
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## HEALTH

Beauty  
Wellness  
Fitness

### Walk the Walk at the Minden & Haliburton Hospitals



Now there is a safe, warm, flat place to walk and achieve the many health benefits that this form of exercise provides. The Walking Club organized by the Haliburton Highlands Health Services/Diabetes Program held their orientation and first walking tour of the route through the halls of the

Minden Hospital on Tuesday, February 11. They also began the same club in Haliburton just a couple weeks prior at the Haliburton Hospital.

Everyone is welcome to join with others. You can walk anytime between the hours of 9:00 a.m. to 4:00 p.m., Monday through Friday. The only rule for walkers is that they sign in and sign out in the book provided. This is necessary due to fire regulations.

Anyone can participate and you don't have to worry about getting lost or entering restricted areas of the walking route as it is clearly marked with blue feet shaped markers along the base of the wall. Twelve laps of this route equals approximately

*Pictured are some of the participants of the Walk Club in Minden.*



one mile.

Come as often as you like and bring a friend or join in with others as they walk their way to better health.

If you require more information call 286-2140 - extension 296.

### Be Sure To Get Your Ticket for Hal. Hospital Ladies Auxiliary Draw

**Money raised goes towards purchase of portable x-ray machine!!**

There were plenty of entries for this year's C.N.I.B. Raffle which was held recently at the Home Support office in Haliburton. "We sold 3,000 tickets - it was a sellout," exclaims Bill Hartin. Money raised from this draw went towards purchasing talking books for the blind.

Bill will be back to his usual spots selling for another worthy cause - The Haliburton Hospital Ladies Auxiliary. Proceeds from this draw will be used towards the purchase of a portable x-ray machine.

There are a few great prizes up for grabs with this draw - from gift certificates to accommodations and meals etc..

The tickets will sell for \$2 each or e for \$5.

Be sure to stop by and chat with Bill and buy yourself a chance to win a great prize and help a great cause.

The Haliburton CNIB Advisory Board would like to thank all persons who have purchased tickets and all that have donated the prizes for their success fundraising campaign.



*Ron Barr & Bill Hartin make the draws!*

The CNIB draw was held recently.. congrats to all those who won... now watch for Bill who will be hitting the streets to sell tickets for the Haliburton Hospital Ladies Aux. Draw...

## The Hair Lounge



*The Hair Lounge would like to welcome to their team...*

**ROBYN**

Robyn is a styling artist from Toronto who brings with her 22 years experience.

Robyn is welcoming clients Mondays, Wednesdays & Fridays

Hwy 118 just east of Hwy. 35 in Carnarvon

**489-3311**



## What To Do If You Ever Have A Heart Attack Alone

If everyone who gets this tell it to 10 people, you can bet that we'll save at least one life. Let's say it's 6:15 p.m. and you're driving home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw.

You are only about five miles from the hospital nearest your home; unfortunately, you don't know if you'll be able to make it that far. What can you do? You've been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself. Since many people are alone when they suffer a heart attack, this article seemed to be in order.

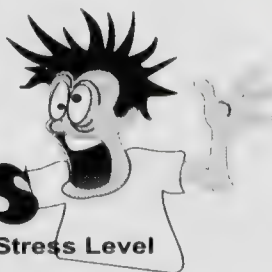
Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. And a cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this as it could save their lives!

*From Health Cares Rochester General Hospital via Chapter 240s newsletter AND THE BEAT GOES ON... (reprint from The Mended Hearts, Inc. publication, Heart Response)*

## STRESS BUSTERS

Quick Tips To Lower That Stress Level



When feeling tense and frazzled, take a breathing meditation break. Sit in a comfortable position, close your eyes, and breathe deeply and naturally through your nose. Focus all your attention on the air flowing in and out of your nostrils. If distracting or distressing thoughts come to mind, draw your attention once again to the sensation of the air passing through your nose. You will feel a greater sense of calm after only five minutes.

## Lady Esther Esthetics

### Services Menu

**Spa Pedicure** 1 1/2 hr. \$33.00

Relax with a nice cup of herbal tea and soothing music while your feet are treated to a relaxing, rejuvenating experience. Includes exfoliation and paraffin bath or moisture treatment.

**Regular Pedicure** 1 hr. \$28.00 **Regular Manicure** 1 hr. \$17.00

**Spa Manicure** 1 hr. 15 min \$23.00

Treat your hands to a "facial" to keep them looking and feeling great. This exfoliating, deep-hydrating treatment gives total enjoyment and maximum benefit.

**Polish Change** \$5.00 **French Polish** \$5.00 extra

**Cleansing Facial** 1 hr. \$25.00

A light cleansing facial, geared to your skin type.

**Moisturizing Facial**

Enjoy a special facial treatment tailored to your skin needs. Skin is left soft and hydrated. 1 1/2 hr. \$40

**Collagen-Paraffin Facial**

Collagen has the ability to bind itself to moisture and when applied to the face, it causes the skin to plump up and reduce wrinkles. Benefits of this treatment can last up to a week. Great for weddings, holidays, reunions or whenever you wish to look refreshed. 1 1/2 hr. \$70

**Facelift Massage Treatment** 1 1/2 hr. \$45 per facial

The most luxurious, safe and effective method of treating the problem of aging skin. This approach effectively treats the problems of sagging, aging skin. It also stimulates the lymphatic, nervous and circulatory systems. It helps to regenerate collagen and elastin tissue as well as reduce facial wrinkles and complexion problems.

**Back Facial** 1 1/2 hr. \$38.00

How many of us can effectively reach our backs in the shower? We can't see what it looks like, so we never know when the pores get congested and when some exfoliation is needed. Includes skin exfoliation, moisture treatment and massage.

**Body Polishing Treatment**

This is a wonderful exfoliation and hydrating treatment for the whole body. Skin is left smooth, soft and polished. 1 1/2 hr. \$52.00

**Body Moisturizing Paraffin Wrap**

Get that soft, silky feeling all over. The whole body is treated to skin exfoliation, paraffin moisture wrap and massage. 1 1/2 hr. \$72.00

**Peppermint Sea Twist Body Wrap** 1 1/2 hr. \$68.00

A slimming body shaping treatment with fresh seaweed. Improves circulation, and is ideal for sore, aching muscles or water retention. Firms and minimizes cellulite.

**Hot Springs Mud Treatments**

Hot Springs mud is capable of absorbing toxins, increasing the metabolism and rejuvenates your being. Benefits include tighter more elastic skin, smoother wrinkles and the soothing of skin irritations. Reduction of acne, large pores and cellulite are also benefits of this treatment. All mud treatments include exfoliation, and relaxation massage.

**Full Body Treatment** 1 1/2 hr. \$62.00  
**Mud Back Treatment** 45 min \$42.00  
**Mud Facial** 1 hr. \$40.00  
**Combination of Body, Face & Back** 1 hr. 30 min \$68.00

### Body Waxing

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| Lip & Chin        | \$10.00 |
| Bikini            | \$12.00 |
| Underarms         | \$12.00 |
| Half Leg          | \$22.00 |
| Half Leg & Bikini | \$32.00 |
| Full Leg          | \$35.00 |
| Eyelash Tint      | \$13.00 |
| Eyebrow Tint      | \$10.00 |

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email: dmccconnell@halhinet.on.ca web site www.lady\_esther.tripod.com

## Can't Get To The Spa? Have The Spa Come To You!

### Lady Esther Esthetics

by Diana Burns

It's been a long winter and I'm sure most of us are ready for a little pampering. We deserve to be spoiled every now and then, don't we? Once in awhile it's nice to take some time out for our own needs and one indulgence that is growing in popularity for both men and women is the personal touch that is offered at a spa.

In May of last year, Darlene McConnell opened Lady Esther Esthetics. She was born and raised in Haliburton and is a certified Esthetician with spa experience and a diploma in facial massage from the Belavi Institute in California. Darlene states, "I love what I'm doing - I like to help other people."

At her new spa facilities you can enjoy everything from a gentle massage, relaxing facial, manicure or pedicure to hot spring mud treatments, facelift massage, back facials, paraffin wraps and peppermint sea twist body wraps and more.

Special attention is given to each client by customizing their treatments with their skin type and then using only a specific choice of products for that client. The Lady Esther's spa offers a variety of treatments in each of its services.

While you relax with a nice cup of herbal tea and soothing music why not enjoy one of their hot springs mud treatments to help rejuvenate, tighten and smooth your skin. The full body treatment takes approximately one-and-a-half hours. We generally don't pay too much attention to our back, but now you can with Darlene's back facial which includes skin exfoliation, moisture treatment and massage. These are just a couple examples of the great things that await you at the spa.

Prices for services range from \$5 for nail polish changes to \$72 for full body moisturizing paraffin wrap treatments.

Darlene offers a variety of facials as well at her spa. Let your stress melt away as you enjoy a cleansing facial, moisturizing facial, collagen-paraffin facial or facelift massage treatment. Body waxing services are also available.

#### If you can't come to the spa, have the spa come to you:

Darlene also offers her spa treatments in the form of a travelling day spa, DaLaur Day Spa, for family get-togethers, ladies spa day and as a couples spa day getaway. Her advanced team of specialists will bring the spa to you. Advanced bookings with your confirmation date is required for this service. This service is available on Saturdays only from 10:00 a.m. to 7:00 p.m. and the location must be within a forty mile radius of Haliburton.

The Lady Esther Spa is open by appointment only Monday to Saturday from 10:00 a.m. to 6:00 p.m. Darlene's future plans include some renovations to the spa facilities which are located in her home on the Barry Line off the

Airport Road near the Stanhope airport.

#### There's More Than The Spa at the McConnell Residence:

Darlene's husband Dale, runs Dunloe Farms on the same property. Dale started the first phase of the farm in 1985 with the

... McConnell cont'd... pg. 29 ...



|                                                                          |                                                    |
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## Pick Your Own Berries & Corn At The McConnells Farm

...from pg. 28

planting of corn and strawberries. When he is not teaching his grade eight students at J.D. Hodgson Public School, he can be found cutting, splitting and stacking firewood, processing his maple syrup, or caring for his fields of strawberries or corn, all of which he sells to the public. Dunloe Farms' offers their customers the opportunity to pick their own berries and corn or buy them already picked from the local farmers market. Dale plans on expanding the farm by adding raspberries and incorporating the sale of beef and pork products.

To reserve your treatments at the Lady Esther Spa or request the services of the DaLaur Day Spa, call Darlene at 754-3034 or email [dmconnell@halhinet.on.ca](mailto:dmconnell@halhinet.on.ca).

To make enquiries regarding the products of Dunloe Farm, contact Dale at 754-3034



## Food Demo Offers Tips on Preparing Fast Healthy Meals

Do you find it hard to prepare fast, healthy meals for your family when life seems so busy? Or does the thought of a quick, nutritious meal sound intriguing?

Come out then and join Executive Chef, Gordon Skinner at the Delta Pinestone Resort as he prepares a Food Demo and Registered Dietician, Janice Lewis as she provides tips on how to prepare fast healthy meals.

This will be taking place on Thursday, March 20, 2003 at the Delta Pinestone Resort, 7:00 p.m. - 9:00 p.m. Cost is \$5.00 per person and as space is limited, please call the Health Unit to register at (705) 457-1391.

Remember, March is Nutrition Month so this is a good time to learn more about keeping ourselves and our families healthy!

## March is Nutrition Month

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## For Your Eyes Only

by Lance Edwards

### Ultimate Eyeglass Comfort

Do your eyeglasses seem to feel light when you put them on in the morning, but weigh a ton by the end of the day, leaving deep indentations on the bridge of your nose?

It's time for new lenses, like the Airwear lens. Here's a lens technology that is actually made with less material, thus reducing their overall weight and edge thickness. They are 50% lighter than conventional plastic lenses. It's like wearing no lenses at all!

Yet they are virtually indestructible. They are also highly scratch resistant and can easily take the abuses of daily wear. They block 99% of the sun's harmful ultra-violet rays, which we now know is very important.

This lens can be made with an anti-reflective coating which eliminates annoying ghost images, glare and backside reflections, as well as, greatly improves your night vision.

You can get this lens in a wide variety of styles that are suitable to accommodate most any prescription.

To find out more information, contact Lance at Haliburton Optical.



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Brushing your tongue prevents bacterial overgrowth (furry tongue), a cause of halitosis (bad breath).

Running shoes with very thick soles can cause balance problems, which may lead to ankle damage; to test: put them on and stand on one foot; if you have trouble balancing, they're bad shoes.

Those who lack social supports tend to react more severely to stress and may die younger.

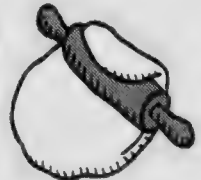
If even small amounts of perspiration create a disturbing odour, try taking zinc supplements at 25-50 mg daily. Spinach is high in beta-carotene, which boosts the immune system!

Spinach is high in beta-carotene, which boosts the immune system!



## **HEALTHY RECIPES**

Submitted by the HKPD Health Unit



### **Peach Cobbler**

Filling:

1 can 28 oz. Sliced peaches (in juice), drained, reserve ½ cup juice

2 tbsp granulated sugar

2 tsp cornstarch

1 tsp lemon juice

Topping:

1 cup biscuit baking mix

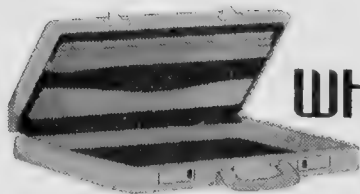
1/8 tsp nutmeg

1/3 cup milk

Place peaches in baking dish. Combine sugar and cornstarch; whisk into reserved peach juice. Stir in lemon juice; pour over peaches. Set aside.

In a medium sized bowl, combine baking mix and nutmeg; stir in milk to form a sticky dough. Drop dough by the tablespoon on top of the peach mixture (not all of the filling will be covered). Bake for 40-45 minutes or until crust is lightly browned.





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The Alexander Fine Arts Gallery is undergoing some remodeling, with an all new fresh look in their showroom located on Highland St. in Haliburton.

Feel free to stop in and see what's happening at the gallery which proudly represents the original works of David Alexander Risk's paintings, Barb Peel's pottery, Paul Way's stain glass lamps and windows, and Lia Howe's traditional stain glass and kiln-formed glass.

Owner's David and Sharon Risk welcome artists and artisans



who are not currently represented in the Highlands to join them in exhibiting their work at the gallery.

For 20 years, David and Sharon have contributed to the community by way of their artistic abilities with the concept of giving back to the people they love and the county they

cherish. Many children have had the pleasure of attending free art and nature lessons given by David and Sharon at their beautiful Heritage Farm located at Essonville. David has also donated numerous original works of his for many local fundraisers.

At their gallery you will find ever changing displays and exhibits year round with Haliburton area and international artists and artisans, so be sure to stop in regularly to see what's new at the gallery.

In addition to fine works of art, you will find antiques and nostalgic keepsakes. In addition, David and Sharon offer custom framing services.

The gallery's winter hours are Monday to Wednesday by appointment and Thurs to Saturday from 10 a.m. - 5 p.m.

If you need to reach the gallery you can call 457-1317.

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## What's up @ Hal High?

by Brad Mickle



### The Papparazzi Invades At HHSS

The SAC has a new idea that was put to the test this week, which they called the Papparazzi wall. This wall is filled with embarrassing pictures of students, but within reason. Now students that would like to contribute to this wall must pay a fee of \$1 to put the photographs up, and if the person that is in the photograph would like to take it down, they must also pay a fee of \$2 to take the picture down. This papparazzi wall is all made to raise funds for the SAC. Good choice guys!

### SPORTS

As many sport teams are now coming to an end, the strong badminton team is ready to swing. The badminton team has a reputation of being strong year after year. Lead by two well known players of the game, the coaches say that this year is yet again another year to remember.

If you think nobody cares, try missing a couple of payments.

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## CRAZY But True Law Suits

Caesar Barber, 56, of New York City is 5-foot-10 and 270 pounds. He says he is obese as a result of eating burgers, chicken and other fast food from various national restaurant chains four to five times per week. He continued chowing down the high-fat fare even after he had a heart attack. He has had a second, and is a diabetic.

"They never explained to me what I was eating," Barber complains, ignoring the irony of not looking at what he stuffed into his mouth. For years, fast-food companies have had nutritional information, including fat content, available to consumers who ask. Those too embarrassed to ask can check the companies' web sites. Apparently, Barber never bothered to do that. Should the restaurants be liable for his failure to utilize those resources to learn what he was eating?

Absolutely, says Barber's lawyer, Samuel Hirsch. "It's a question of informing the consumers," he says. The restaurants have an "obligation" to warn their customers that eating their food can be "dangerous". Barber filed a lawsuit against the restaurant chains in the New York State Supreme Court seeking unspecified damages.

The suit was filed not just for himself, but — thanks to class action status — for any and all other New Yorkers who were obese and suffering health problems after pounding down fast food.

The suit claims that the restaurants did not "properly disclose" their food ingredients nor the "risks" of eating junk food day after day after day. They sold their high-fat, high-sodium, high-sugar, high-cholesterol menu items even though studies show a link between overeating such food and obesity, coronary artery disease, hypertension, strokes, cancer and diabetes. Barber was shocked to discover that it wasn't healthy to eat such food in the quantities he consumed.

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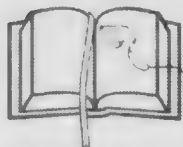
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## Lange On The Law



### Stages of a Civil Lawsuit

A civil lawsuit is different from a case in family law or criminal law. The subject matter involves disputes over such things as land, or a contract, or a will. It also may involve a wrongful dismissal, or personal injury, or the collection of a loan.

The lawsuit, or action, begins with a document called a statement of claim. The claim sets out the "cause of action" which puts forward the reasons for a case against another person. The person claiming, or complaining, is called the plaintiff. The person defending the lawsuit, the defendant, replies to the claim with a statement of defence putting forward the reasons that the claim should not succeed.

After this exchange of statements, the plaintiff and defendant must disclose to each other all relevant documents. These are listed in an affidavit of documents. The parties then conduct an oral questioning of each other to discover what evidence will be relied upon at trial. This examination for discovery takes place in an office setting without a judge present. But the examination is conducted under oath and is similar to a court examination of a witness that you see on TV.

The last stage of the action before trial is a pre-trial conference which takes place before a judge. The purpose of the pre-trial is for the judge to give an opinion on the merits of the claim and defence and to encourage settlement. The vast majority of civil lawsuits settle before trial to avoid the legal expense involved in going to trial.

In the next column, I will be talking about lawsuits over dismissal from employment.

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## THE WELCOME WAGON

This column is dedicated to introducing new owners of existing businesses in our area.

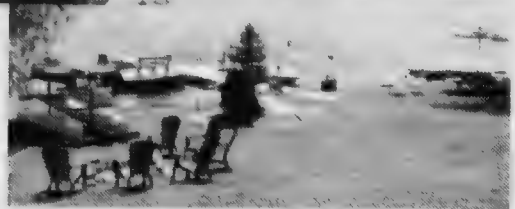
You've probably driven past it, but have you ever wondered where it got its name? The Ogopogo Cottage Resort located on Hwy. 35 north of Minden acquired its name from the legend of the friendly sea monster from Okanogan, British Columbia.

This quaint resort has recently been purchased by Bruce and Carol McClennan. The resort itself was established in 1950 and consists of a main house and eight cottages. Carol and Bruce decided to leave Toronto and their previous positions in family service counseling and engineering to make a change in career direction when they purchased the resort in November 2002.

The resort is a four season family spot situated on the shores of Mountain Lake and offers both summer and winter activities. You can find a full description of their facilities, available services and description of their accommodations on their website at [www.ogopogoresort.com](http://www.ogopogoresort.com) or to reach them by phone call 286-5141.



**Ogopogo  
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Resort  
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Management**



## Learn The Write Way

*by Diana Burns*

Writing can be as simple as making a list, writing a letter to a friend or as detailed as recording your own life history. Almost daily we find a pen in our hands to either sign our names or jot down a reminder note. For some of us however, writing becomes a passion and desire to express our thoughts in poetry, story or daily journal entry.

To nurture and meet the demand for those interested in pursuing a wider knowledge of this field, Marjorie Green published author, poet, editor, journalist, and experienced writing teacher is now instructing writing classes in Minden. The classes are held in the Commons Room at the Agnes Jamieson Gallery in Minden on Thursday afternoons from 1:00 p.m. to 3:00 p.m. Students attending this class do so for several reasons. Some are published writers and enjoy the support and camaraderie - others plan on putting together a family history or would like to learn how to create an autobiography. A few may test their talents in the open market for the first time, but most just enjoy the art of the



written word. Marjorie keeps the price of the classes reasonable and pro-rated so that you can join anytime. No previous writing experience is required and classes are open to all levels of writing capabilities. The content of these classes cover the rules of good writing, manuscript preparation, grammar style, contest preparation, short stories, poetry and marketing your work. She plans on continuing her classes to include an evening session as well as organizing a writer's circle in the community.

Marjorie's work has appeared in major and regional newspapers and magazines. She was also a three-time runner-up in the Toronto Star Short Story Contest. Her previous teaching experience included Kidwriters and Teen writers programs, and a seniors writing class in Durham Region. Marjorie initiated and organized four writers' circles for adults and founded a large non-profit organization, The Writers' Circle of Durham Region.

If you are interested in attending one of Marjorie's writing classes or have questions on becoming a member of the local writers' circle, you can contact her by calling 286-2592.



## Highlands Coffee Company Opens In Minden

Do you like espresso or cappuccino? Would you also like to take home the finest coffee to brew yourself? If so, you need to pay a visit to the Highlands Coffee Company, situated in Minden beside Gramma's Fish n Chips, at the corner of Hwy. 118 & 35.

The business is new and is operated by Paul & Cathy Wensley. Many of you will know Cathy (Franzen) from CHACE Daycare and a resident of Minden. Her husband Paul, brings with him years of experience working in England as a coffee roaster.

The couple decided recently to open a business of their own in the area and offer their fine products and expertise in the coffee industry. The Highlands Coffee Company offers not only specialty coffee products, but also soup and sandwich specials, as well as homemade pie slices and biscottis.

The café has seating for 21 patrons and even has a lounge in the back for 6 more.

"The lounge has become quite popular. It gives the feeling of being at home," says Cathy.

Paul and Cathy purchased an authentic coffee roaster from Turkey, which will soon be up and running. "It's not the sort of machine you just plug in and turn on. It needs to be certified," says Paul.

This will allow the couple to roast their own coffee beans and grind them for customers to take home. "They are the absolutely the finest quality beans," adds Paul.

The Highlands Coffee Company can customize a blend just for you too. They're in the works of supplying a blend for a restaurant in Minden that will be exclusively their own.

"We're seeing a regular clientele now," says Paul. "The best feedback is that people come back. We've had people come in and say they've heard our coffee is amazing."

While browsing through the Highlands Coffee Company, you can view local artists work and if you're a local artist, you could have the chance of having your art work displayed for sale for a whole month free.

The Highlands Coffee Company is open Monday to Saturday, from 7 a.m. to 5 p.m.

The hours will change in the summer.

So if you've never tried any specialty coffee's, stop in and say hi to Paul & Cathy and try some. Paul's slogan is, "The quality is in the cup."



## From Making Baby Food to Reading Workshops, There's Lots Happening At CHACE

C.H.A.C.E. Resource Centre is offering plenty of things to look forward to in March. As well as their usual interesting schedule, they are holding a "Talk to Me - Read to Me!" Workshop with fun, interactive activities on Wednesday, March 5, 2003 at 1:30 p.m. in Minden. Guest speaker, Lois Robertson, Ontario Early Years Literacy Specialist will be offering her expertise on ways that will help to encourage toddlers to talk. For more information or to sign up for the workshop, please call 286-1770.

Making Baby Food is another interesting workshop being offered on March 19, 2003 at 1:30 p.m. in Haliburton. Learn how to make nutritious baby food conveniently. To sign up, please call 457-2989.

Don't forget, Moms and Babies meet Wednesday afternoons at the Resource Centre in Haliburton. A scale is on hand the first Wednesday of the month at 2:00 p.m. so Moms can check babies weight. Guest speakers are scheduled monthly.

March Break will be here soon! School Age Activities and Crafts will be available from March 10 - 13<sup>th</sup>. Please call the Resource Centre in Haliburton for more details.

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## NEWS FROM ARCHIE STOUTFER ELEMENTARY SCHOOL

### Grade 4, and 6 Basketball Intramurals at A.S.E.S.

By Callie Cowan

Grades 4, 5 and 6 basketball intramurals are underway at Archie Stouffer School! This event began at the end of January and is running through to the beginning of the March break during lunch hour on Mondays and Thursdays. This gives students plenty of time to work on their basketball skills. Mr. Thorne will be coaching the basketball intramurals, as well as the grades 4, 5 and 6 basketball team.

### Grade 4 Students get a Special Presentation on Medieval

Times By: Josey Belli 8B

On Thursday, January 23, 2003 the grade four and some grade five students at Archie Stouffer Elementary School got a very special presentation on life in the middle ages. Harry Haden and Josh Rodek came to take the students through the history of medieval times. These two presenters come from Cambellford, Ontario and are part of a company called Blades of Glory. They travel all across the province giving presentations about medieval times.

Harry and Josh were dressed as knights. They talked about land owning, government, crime and kinds of dress. The also discussed some interesting people like Dracula and Joan of Arc. The kids got to see all of the armor and outfits that were used during the middle ages. Many students were chosen as volunteers throughout the presentation to try on the heavy helmets and chain mail as well as to play various roles.

At the end of the presentation the

students were taught a medieval dance. Finally they got to see a two minute combat fight with real equipment. It was the highlight of the presentation.

The students thoroughly enjoyed their afternoon and got a much better look at life during the middle ages.

### The MS Read-A-Thon at A.S.E.S.

By: Callie Cowan

On January 24<sup>th</sup> 2003, Megan Murphy came to Archie Stouffer Elementary school to talk to the students about the MS Read-A-Thon. She talked about three main important things, multiple sclerosis, reading and the MS read-a-thon.

To help raise money for multiple sclerosis there are four steps that students can do and they are, sign up for the MS read-a-thon, get someone to sponsor you, read, read, read, and finally turn your money into the school. Every year students across Ontario raise 1.5 million dollars for this program. Part of the money raised goes to people with MS and the other part goes into finding a cure for this terrible disease.

Megan demonstrated many of different things that MS can do to a person. She got volunteers from the audience to come up to help her demonstrate. For example, one thing that MS can do to you is that whatever the brain asks the body to do, the body won't do it, or the body may do something different from what the brain asked it to do.

The age area that you are most likely to get MS is around your twenties to your forties, but it depends, some people can get it at different times. This is hard to believe, but 50,000 people in Canada have MS!

MS can cause people to not walk, talk or even ride a bike! As you see multiple sclerosis isn't a good thing to have so all the students out there get lots of sponsors, and get

reading!

## From the sketch-book of Artist & Naturalist David Alexander Risk

*This month's sketch-book column, I would like to dedicate to a dear friend, one of Canada's most respected authorities on wilderness and conservation. A man who has shared his love of wolves with the world - R.D. Lawrence.*

On all my hikes and outings throughout the Haliburton Highlands, experiencing a close encounter with wolves has been very rare. Sketching in the field is one of the most rewarding forms of artistic expression, but to all young & old, I would encourage anyone interested in this magnificent animal to visit the Haliburton Forest Wolf Centre.

Visiting the wolf centre is a unique experience where visitors can observe and listen to wolves in their natural environment. My time sketching and painting this resident wolf pack has been rewarded with learning to understand, respect & live with wolves.

Wolf - study (Pen & Ink) 2003

David Alexander Risk ©





### Ski/Snowboard Club at A.S.E.S. By Corrina King

Skiing and snowboarding are great sports. Some people who enjoy these sports have joined the Ski/Snowboard Club at A.S.E.S. The club is a great way to get exercise, fresh air and have some fun and it is all at a group rate. The members this year range from JK to grade 8. Mrs. Marks- O'Sullivan and Ms. Brouwers have gladly organized this activity for the second year. The kids sign up every second week. Exact dates are January 11, January 25, February 8, February 22 and March 1. Have fun Ski/Snowboard Club members.

In addition to the Ski/Snowboard Club there is a racing team. It includes 5 snowboarders and 4 skiers. Every week it is the same group and they all are intermediates hoping to become advanced skiers and boarders. These racers get to enjoy five coaching times. The coach teaches them safety tips. Also they are taught how to go around a series of poles in the course. The snowboarders are Kelci Haley grade 7, Kyle Brown grade 8, Christianna Walker grade 6, Brian Johnston grade 5 and Brock Brown grade 7. The skiers are Kelci Brown grade 3, Maia O'Sullivan grade 2, and Bailey Walker grade 2.

### Chess Club at A.S.E.S. By Melanie Shapiera 8B

This year Mr. Darlington, a teacher at Archie Stouffer Elementary School, has organized the chess club again with the supervision assistance of Mrs. Marks-O'Sullivan and Mrs. Smallwood. For the past few years, this school has had a chess club that goes on to the T.L.D.S.B. tournament. This year the tournament is on March 21 in Haliburton.

Interested students in grades 4 to 8 meet on Tuesdays and grades 2 and 3 meet on Thursdays at lunch recess. This time gives people the chance to play others in their own league. Since each chess day begins with a lesson, the club also gives people a chance to learn how to play or to improve their game.

Chess club is a great way to learn a new game and make new friends!



**SECOND RUNNER UP:** Steven Croteau, 16, of Lameque Island, N.B., Canada, was "crushed" at not being named Most Valuable Player in his local ice hockey league. The award is voted on by a group of nine coaches. So his father, Michael, sued the New

Brunswick Bantam AAA league, demanding that the boy who won the trophy be forced to give it to Steven, that the league must award Steven the "playmaker" award, and that his son be guaranteed a spot on the New Brunswick Canada Winter Games team. Oh, and an award of C\$300,000 (US\$189,700) in "psychological and punitive damages" would be nice too. "He was just humiliated" when he wasn't named MVP, Michael says.

### NOW THAT'S A LAW SUIT WORTH "NOT"

**RUNNING FOR:** The 3,987 members of the Japan Professional Cyclist Union say that the organizer of two bicycle races "unilaterally" canceled the races without giving them two years' notice so they might enter other races to make up for any prize money they might have won. They have thus filed suit asking for 1.1 million yen (US\$8,800) per member in compensation, for a total of more than 4.5 billion yen (US\$36 million).

**CONFEDERATION LOG HOMES OF HALIBURTON**

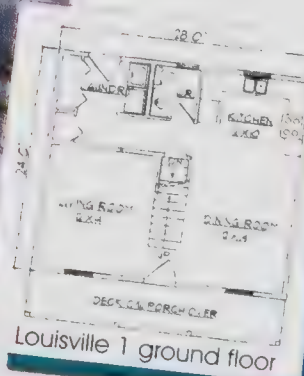
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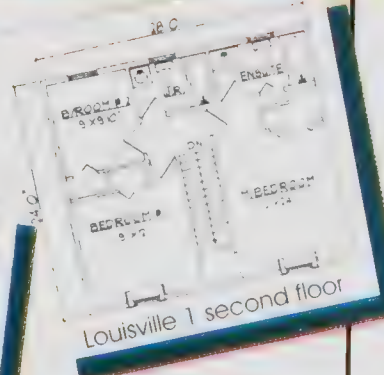
**The Louisville**

Three distinct designs are offered for this mode. Louisville 1 features a spacious kitchen, three baths and a convenient back entry with laundry room. Louisville II hosts large living and dining rooms with a fireplace; along with a unique pantry in the kitchen and a huge main floor laundry room. The Classic design offers two covered porches with double doors opening from the front to an open stairway. Also to enjoy is the space of the living room which extends the full depth of the house. All 3 models are quaint and compact designs suitable for any family.

Call to see the floor plans of the the Louisville II & Louisville III



Louisville 1 ground floor



Louisville 1 second floor

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# Dining and Entertainment

## The Bonnieview Inn

### Rustic Inn Has a Lot To Offer

by Diana Burns

Where in the region can you find a licensed dockside patio overlooking the crystal clear waters of a lake while you enjoy the glorious Haliburton sun? If you answered The Bonnie View Inn then you are familiar with the attractive location and quaint atmosphere of this beautiful Inn.

Peter Mavroukas, Andrea Hagahrty and Monte Miscio are proud to show off their Inn especially after the recently completed renovations. The Inn operates year round and offers many activities and attractions to its guests. During the winter, guests can participate in Alpine skiing, skating, ice-fishing, horse-drawn sleigh rides, dog sledding or exploring more than three hundred kilometers of ski and snowmobile trails. To finish off a busy day of activities they can retreat to a relaxing soak in

the hot tub. In the summer season there is an exhaustive list of activities that include, swimming, sunbathing,

canoeing, pedal boats, kayak, sailing, windsurfing and more.

Guests can choose from a variety of accommodations from a private lakefront cottage or chalet on the lake to a suite with a wood-burning fireplace and Jacuzzi. To add to the decor, some of the suites have been furnished with one hundred and thirty year old renaissance mahogany or Canadian pine antiques.



Andrea Hagahrty serves a customer

### For The Connoisseur In All Of Us...

The most discriminating tastes will be satisfied while dining at the Inn. The menu offers a fabulous variety of choices for the connoisseur in all of us. Appetizers such as Feta Salad, juicy Escargot fried in garlic butter and red wine or sizzling tiger shrimp fried with fresh herb butter and crushed pinenuts baked with mozzarella cheese are just a few of the things you can begin with.

Then on to the entrees! For those with a yen for chicken, there is Chicken and Brie Filo, a roasted chicken breast covered in basil pesto and brie cheese wrapped in filo pastry and finished with champagne cream sauce.

Or for the seafood lover there is Moroccan Style Sole, a tender filet of sole filled with crab and scallops, then rolled and fried in curry, chili powder and nutmeg.

There is definitely something for everyone, whether you choose a Fresh Vegetable Medley, Lamb Creole or a New York Steak with bordelaise sauce, they are all prepared to perfection by Gold Ribbon Chef, Monte Miscio.

The dining room is also open to the public by reservation. Well known personalities such as Lloyd Robertson and Erin

Monte Miscio



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10 a.m. - 7 p.m.

Bonnieview Inn cont'd... pg. 39 ...



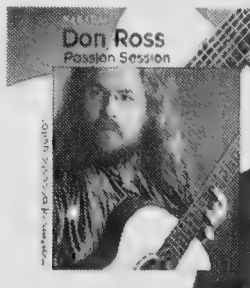
## One Of The World's Top Guitarists Performing In Carnarvon in March



One of today's true innovators of guitar composition and technique, Don Ross will be appearing at The Hair Lounge in Carnarvon on March 22 and you are all welcome to come and watch this guitar legend. Tickets to this much-awaited event are a mere \$20 and you can purchase them in advance at The Hair Lounge or call 489-3311 for other ticket locations.

Don has emerged as one of the most respected musicians in Canada and one of the top guitarists in the world. In September 1996, he managed to do what no other player has done: win the prestigious U.S. National Fingerstyle Guitar Championship for the second time (he first won in 1988). The competition, held yearly in Winfield, Kansas, cannot be won only with immaculate technique, but the player's music must also display a high degree of emotion and intensity — hallmarks of Don's style.

The son of a Scottish immigrant father and a Mikm'aq aboriginal mother, Don was born in 1960 into a musical family. He first started experimenting with the solo possibilities of the acoustic guitar at the age of eight. By age ten he was playing in alternate tunings and exploring "fingerstyle" technique, a right hand discipline similar to classical guitar playing. Preferring to write original music and develop a personal style, Don's self-taught journey on the instrument has encouraged him to follow his musical intuition. The result is an unclassifiable musical style that borrows from jazz, folk, rock and classical music. When asked, Don usually pigeonholes his music as "Heavy Wood"!



## Don't Miss Johnny Maughn Memorial Dart Tourni

It's here again! The Johnny Maughn Memorial Dart Tournament is back! This popular annual event saw a great turn out last year by players from as far away as Havelock and Bobcaygeon.

The tournament, hosted by the Haliburton Legion, was started in 1978 by Ron Perrin and Jack Morrison in memory of Johnny Maughn, who was an avid dart player.

The fun all takes place on Saturday, March 15, 2003. Registration and practice begins at 9:30 a.m. and the tournament will get under way at 11:00 a.m. sharp. Everyone is welcome! Let's make this year's tournament one to remember!

The Legion is also hosting another Pool Tournament on Saturday, March

22<sup>nd</sup>, as was requested by many of the pool players. Glad to hear it was such a success!

Please register before 11:00 a.m. so that everything can get under way on time.

## Bonnieview Inn

*Pic. right is  
the Dining  
Room at the  
Bonnieview  
Inn.*

*... from pg. 38*

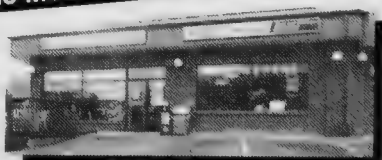


Davis have enjoyed the gracious dining at the inn.

The Bonnie View Inn is located on the shores of Kashagawigamog Lake, on South Kashagawigamog Lake Road, just minutes from the Village of Haliburton. To experience the atmosphere and gracious surroundings of the Bonnie View Inn, call 457-9462 for accommodation and restaurant reservations. A complete listing of the Inn is displayed on their website at [www.bonnieviewinn.com](http://www.bonnieviewinn.com).

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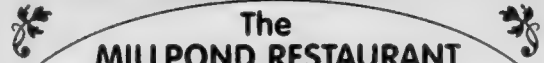
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## Recipe of the Month

### Nutty Fudge

**Ease of Cooking:** Medium Difficulty  
**Serving Size:** 36 pieces

**Notes:**  
Be sure to use the small can of milk.

**Ingredients:**  
1/2 C. Butter  
1 (6 oz.) pkg. semisweet chocolate pieces  
1 tsp. vanilla  
2 C. sugar  
1 (5 3/4 oz.) can evaporated milk  
10 marshmallows large  
1 C. chopped nuts

**Preparation:**  
Combine butter, chocolate pieces and vanilla in a medium bowl. Set aside. Place sugar, evaporated milk and marshmallows in medium saucepan. Bring to a boil over medium heat, stirring frequently. Reduce heat to low and cook 6 minutes stirring constantly. Pour hot mixture over in bowl. Beat with electric mixer until fudge is thick and dull (this doesn't take long). Stir in nuts. Pour into lightly buttered 8-inch square baking pan. Refrigerate several hours to firm.



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## Announcing FREE Movie Nights at the Angles Jamieson Gallery

They are not only free, they are informative. The Angles Jamieson Gallery is now offering free movie nights and you are all welcome to attend. There has already been one movie night held and the next one is coming soon.

On Tuesday, March 11, beginning at 6:30 p.m. come to the gallery to see the movie, "Driven to Abstraction: Canadian Abstract Art and the Turbulent '50's. Using newsreel footage from the fifties, and archival interviews with artists, this video production juxtaposes major events of the time comments from Canadian artists speaking about their explorations into the field of abstraction. We hear the views of Montreal artists associated with automatism, and of those opposed to it. Artists from Toronto, the Prairies and Vancouver also discuss various aspects of abstract art in the fifties in Canada. Among the artists heard from in this film are: Fernand Leduc, Paul-Emile Borduas, Jack Bush, Marcelle Ferron, Jack Shadbolt, Gordon Smith, Jean-Paul Riopelle, Harold Town, Rita Letendre, Paterson Ewen, Ron Bloore and Takyo Tanobe. Director: George Mully Producers: Anne Newlands, George Mully 1992

Seating is limited, no tickets are required. Hope to see you there! If you require further information you can contact Laurie Carmount, Administrator Agnes Jamieson Gallery & Minden Hills Museum at 705-286-3763.

## Ladies Auxiliary St. Patricks Day luncheon

What better way to celebrate St. Patrick's Day then with others at the Haliburton Hospital Auxiliary's upcoming luncheon?

The Stew & Bisquet Luncheon is a fundraiser for the Ladies Auxiliary and is also a great social afternoon outing. It all takes place on March 14 at the Haliburton Legion from 11:30 a.m. - 1:30 p.m.

The cost to attend is \$6 for adults, and \$3.50 for children under 10. Tickets can be purchased in advance through any ladies auxiliary member or you can just show up the day of the event and purchase your tickets at the door.

Be sure to attend - you'll enjoy a wonderful luncheon and help a great cause at the same time.

**If Barbie is so popular, why do you have to buy her friends?**

## Mama Mia.... We goofed...

### Don't Miss Out On Your Chance For Second Bus Tour

One bus is already full and a second trip has been added and is filling quickly for the up-coming Mama Mia tour by the Haliburton County Home Support Services.

The cost is \$150 in total. In last month's issue we incorrectly stated the price is \$75, when actually \$75 is required upon registration and the additional \$75 due by the end of April.

For your \$150 you receive Highway Coach Transportation to the Royal Alexander Theatre, your ticket to see the production of Mama Mia, dinner at Vinnies, and all taxes and gratuities. Lunch is on your own at the Pickering Town Centre.

The first bus trip (which is full) leaves on April 23. Due to the overwhelming demand, a second trip has been added for May 24. The buses will be leaving York St. in Haliburton at 8:30 a.m. & the Municipal parking lot in Minden at 9 a.m. If you want a seat on the bus, be sure to contact 457-2941.

**He who laughs last, thinks slowest.**

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## We Asked You:

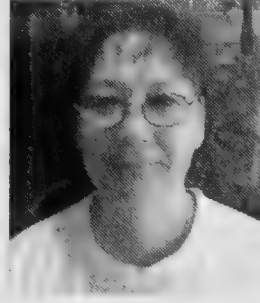
We asked people how they heat their homes & how the recent cold snap affected them.



**Nancy Crowther - Minden (with her dog Emma who brings in the kindling wood - one tiny piece at a time!**  
"I burn wood & electric. We've burned a lot more wood this year."



**Doug Olliffe - Carnarvon**  
"We use oil to heat our home. The price just keeps going up and up. We're pretty much stuck with it though."



**Diana Kuna - Haliburton**  
"I burn wood with hydro backup and our hydro bill has already jumped 70%."



**Vince Martin - Haliburton**  
"I use electric baseboards for heat but it's all included in my rent so it hasn't bothered me too much."



**Points to Ponder...**

If a stealth bomber crashes in a forest will it make a sound?

How come Superman could stop bullets with his chest but always ducked when someone threw a gun at him?

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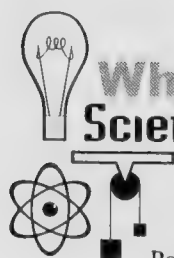
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## Why? Because ... Scientifically Speaking

### What Colour is the Skin of a Polar Bear?

Polar bear skin is black, making it better able to absorb light radiation to warm the bear. At the same time that the white hair allows the light radiation in, it also helps prevent the loss of thermal radiation from the skin.

## The Origin of St. Patrick's Day

Almost 1500 years ago the patron saint and national hero of Ireland was born to a Gaelic family who had migrated to Britain. The child was called Succat, which means "warlike". Since Britain was part of the Roman Empire and had become Christian, the child was baptized and called Patricius, meaning "noble". For 16 years, Patrick lived a normal life as the son of a prosperous landowner and magistrate.

Captured and forced into slavery, Patrick spent 6 years herding sheep. What is known is that he escaped. What is also known, is that after a period of time, Patrick returned to Ireland to do missionary work.

On his return to Ireland, Patrick was a missionary who worked for 40 years in Ireland, preaching, baptizing, and establishing churches, schools, and colleges. History reports that he used shamrock leaves to explain the meaning of the Trinity. It is also stated that he drove snakes from Ireland, banishing the venomous serpents by beating his drum. It is sometimes reported that St. Patrick died on March 17, 493 after bringing the Christian faith to Ireland. This date is not confirmed.

The first Irish celebrations on the date of St. Patrick's death were noisy affairs. As the Irish emigrated around the world, they took the St. Pat's celebration with them.

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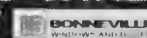
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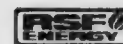
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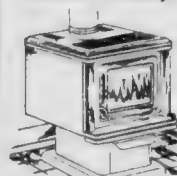
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## Brain Teaser of the Month



This vase appears to be floating, but it is actually resting on the ground. Objects that are resting on the ground have shadows that are "attached" and objects that are floating have shadows that are "not attached".



Submitted by  
Bob & Doris  
Thompson of  
Exeter,  
Ontario.

Now look what you can do with Alka Seltzer.

\*Clean a toilet. Drop in two Alka Seltzer tablets, wait twenty minutes, brush and flush. The citric acid and effervescent action clean vitreous China.

\*Clean a vase. To remove a stain from the bottom of a glass vase or cruet, fill with water and drop in two Alka Seltzer tablets.

\*Polish jewelry. Drop two Alka Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

\*Clean a thermos bottle. Fill the bottle with water, drop in four Alka Seltzer tablets, and let soak for an hour (or longer, if necessary).

\*Unclog a drain. Clear the sink drain by dropping three Alka Seltzer tablets down the drain followed by a cup of Heinz White Vinegar. Wait a few minutes, and then run the hot water.

If all is not lost.....where is it ?

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## Spot Sam The Advertising Man for your Chance to Win \$50!

How would you like to win \$50 cash? Well it's easy with the Communicator!

Just read all the ads and keep an eye out for Sam - The advertising man. We will be hiding a few Sam's in various ads throughout the publication, so look for more than one. Once you think you have found all the Sam's you can, write down how many you spotted, in what ads, the publication date, your name, address and telephone number, and mail them, email them or fax them to the Highlands Communicator.

The first correct answer pulled from entries received wins \$50! It's that easy and it's fun too!

Hallo, I'm Sam the Advertising Man. Spot me for your chance to WIN \$50.00 Just read how!



There were 6 Sam's hidden in last month's issue. They were hidden in the following ads:

Minden Hearing Service, Bull Frogs Bistro, The Pizza Den, Minden Home Hardware, Gonyea Eaves & Siging and Kushog Construction.

The winner of last month's Spot Sam contest is the Hal. Ontario Works office who, in turn donated their winnings to the Minden Food Bank

The winner of the Halimar get-a-way was Constance Burk who won it for her Daughter Lorrie Blanchard & hubby Larry.

## Caption Contest



Lorna Hicks of Minden placed 1st. She added a visual to her funny caption.

"Don't Look! .. She's eating our food!!"

The four runner ups (in no particular order) are:

Carol Stacey of Haliburton  
Ron Davidson of Haliburton  
Rawn Loughed of Minden  
M. Neave of Minden

the above mentioned win tickets for 2 to Yuk Yuk's!  
1st place also wins \$25 cash! Congratulations to all.

In the last issue of The Communicator we asked people to write in and submit their funny caption to this picture. We had some really great ones sent in. Unfortunately only 5 can win.. The following are the five winners:



# CLASSIFIED ADVERTISING

## FOR LAUGHS

### FUNNY ADS



Free puppies;  
half Cocker Spaniel, half sneaky neighbors dog.

## EVENTS

Members of the Rug Hooking Craft Guild are displaying their hooked rugs / hangings at the Delta Pinestone (Haliburton). Sunday, April 13th from 10 a.m. - 3 p.m. Hooking supplies may be purchased at the Boutique. Admission is \$5. For more details call M. Welch at 754-2347

### Who Dun-it answer ...

If John Blackmore had committed suicide, he would have taken the pills soon before succumbing to asphyxiation. Since the pills took effect so quickly he would have had to take them while seated in the car. To swallow such large quantities of pills, he would need something to wash them down with that quick and no beverage container was found in the car.

## SERVICES

### CARTRIDGE RE-INKING

cuts printing cost in half. A guaranteed service is available at

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### Stan Russell Music Services

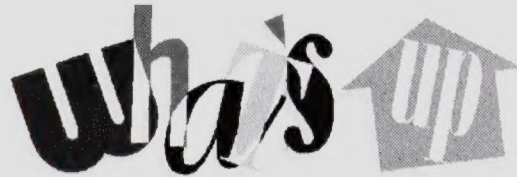
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Your monthly guide to community events in the area.

**Deadline:**  
For the next issue  
is Wednesday,  
March 19, 2003  
for the April  
edition.

#### Legion Sunday Brunches for March

Haliburton Legion: March 2, 23 & 30. Enjoy a delicious Sunday Brunch. All Welcome.

#### Every Weekend!

Radar races at Elephant Lake Lodge in Harcourt.

#### February 28 - March 2

Haliburton Winterfest - events taking place all weekend - mostly in Head Lake Park - see story pg.

#### March 15

John Maughan Memorial Dart Tourney at the Haliburton Legion.

#### March 22

The Royal Canadian Legion is hosting another POOL TOURNAMENT. Register before 11 a.m. All welcome!!

#### Haliburton County MapleFest 2003

April 5 & 6, 2003. 10 am - 4 pm. Participating Maple Syrup Producers welcome the public to come and tour their maple syrup operations. Come out and bring the family and experience the sweetness of nature first hand. Watch for Molly Maple signs at participating locations and wear rubber boots!!! All-you-can-eat-brunch at Lochlin Church, Saturday only 9 - 1pm. For more information call. Louise Berry 286-3705 and leave message and your number or e-mail maple\_sweetie@hotmail.com

#### Don't Miss Annual Pancake Supper

Attention, calling all those with a sweet tooth! St. George's ACW is holding a Pancake Supper at the Haliburton Legion on March 4, 2003. The fun begins from 5:00 p.m. - 7:00 p.m. and the cost is adults \$5.00, children 6-12 \$3.50, family \$15.00 and children under 6 eat free. Be sure to show up hungry and prepared to have fun!



## It's The Law!

& still is ... or was at one time.

These are actual laws that have been passed. Some have since been altered or removed but some remain on the books.

If you visit a park in Windsor Ont., you may not play a musical instrument or direct the playing of any musical instruments.

Newfoundland law requires vessels in the seal hunt to serve soup on Saturdays.

An old law in Winnipeg declares that one may be fined for kissing a woman on the street.

In Burnaby, British Columbia, there is a curfew for dogs. Under the law all dogs must be under control by 10 p.m. or the owners will be penalized.

It's against the law to saw wood on the streets of Toronto.

Toronto's bylaw 4317 makes it an offense to bump into anyone on the street.

In Saskatoon, Sask., it is illegal to try to catch fish with your hands.

Tightrope walking is prohibited over the main streets of Halifax.

## Alexander Fine Arts Gallery

Proudly representing the original works of:

David Alexander Risk - Paintings • Paul Way - Stain glass Lamps and Windows  
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**get  
your  
foot  
in the  
door**

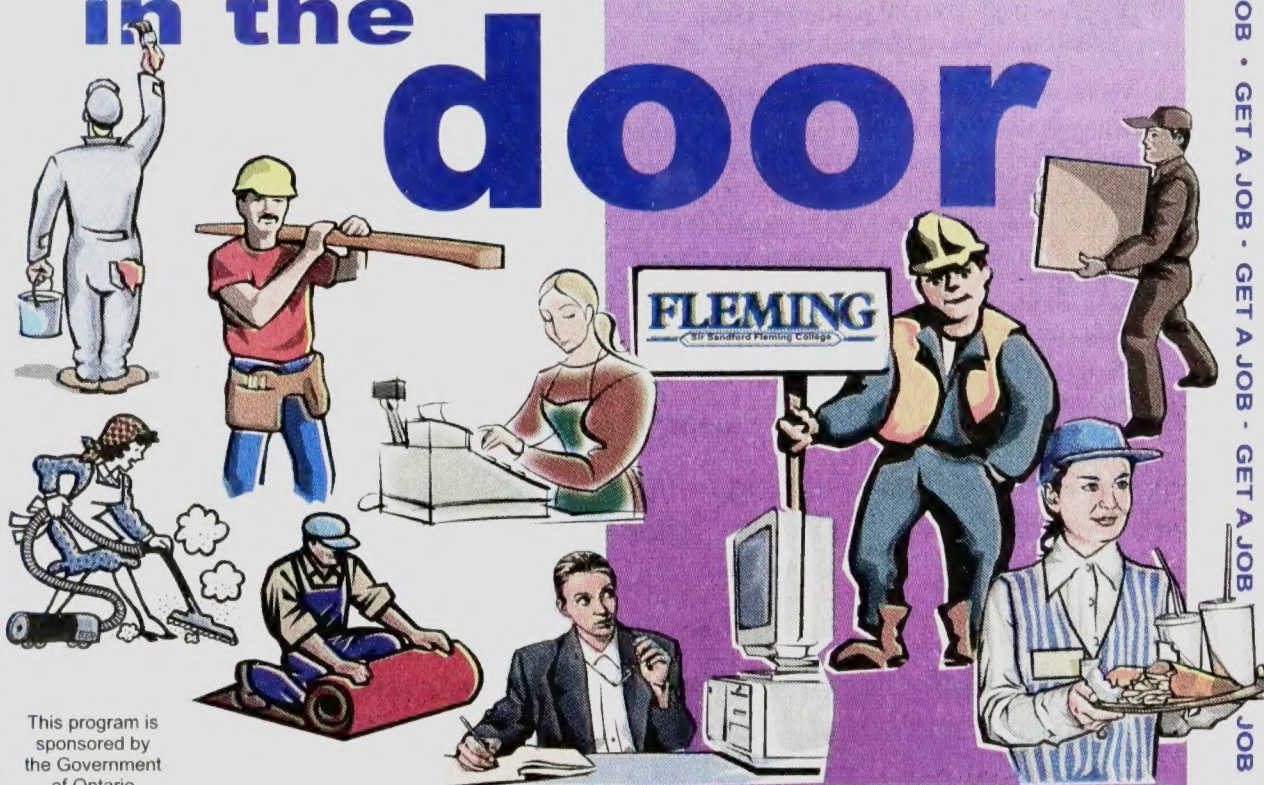


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